

Beyond Tacos



Mexican Cuisine

By Regina Akers
and Herb Weiner

Beyond Tacos

New, Revised Edition

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Introduction

Regina Akers grew up with the Mexican population in Los Angeles and the Sacramento Valley, and married into this culture at a young age. Over the years, she was exposed to the finest Mexican foods around, and became an excellent Mexican cook. She opened Regina's Mexican Cuisine in downtown Woodburn, Oregon in 1977.

In June of 1981, she taught a four-part cooking class at a Portland-area shopping mall, where she demonstrated her techniques and provided copies of the recipes. Herb Weiner, who had eaten at her Restaurant, was one of her original students. Herb realized that the four-week class barely skimmed the surface of Regina's cooking talents, and urged her to begin an ongoing series of cooking classes for the more serious students.

Since then, the class has met once a month at her Woodburn restaurant, on a night that the restaurant was closed. These classes were much less formal; the students actually prepared the dishes, and no prepared handouts were available. Herb, who seemed to have a special talent for sorting out the chaos of a dozen student cooks at work, assumed the role of note-taker. He then used a computer terminal to prepare copies of the recipes for each of the students. This cookbook is based on the recipes from the class.

Herb feels that most cookbooks are difficult to use, because the instructions require that the cook refer back to the list of ingredients. This cookbook is **much easier to use**, because the ingredients are listed to the left of the instructions that use them.

The title of the book, *Beyond Tacos*, was chosen because the recipes provide an insight into Mexican cuisine that most people never realize. Not only will this book show you how to cook delicious Mexican food at home, but it will also increase your appreciation of Mexican cuisine when you dine out. In order to enhance the value of this book as a reference volume, we have combined a comprehensive index and glossary into a single section at the back of the book. In this section you will find definitions of dishes and Spanish terms, and substitution instructions for unusual ingredients, together with relevant page numbers.

The design on the cover appeared on the sign and the menus for Regina's Mexican Cuisine in Woodburn.

This book was produced using Adobe InDesign on a Macintosh computer with Recipe Design Wizard software (<https://www.recipedesignwizard.com>). Recipe Design Wizard is a free Plug-in for InDesign available from the Adobe Exchange (<https://exchange.adobe.com/apps/cc/674>). Type was set using Baskerville MT Pro.

When Herb spoke with Regina and indicated he wanted to make *Beyond Tacos* available online, Regina loved the idea. We have both been working to incorporate many improvements into this new, revised edition.

The authors would appreciate your comments and suggestions. Address comments and suggestions to:

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Basic Spanish Spelling and Pronunciation

The Spanish alphabet is slightly different from the English alphabet. “K” and “W” are not used in Spanish, and appear only in words and proper names taken from other languages. The Spanish alphabet contains three additional letters:

- “ñ” (follows “n”), pronounced as “ny” as in “canyon.” For example, jalapeño, buñuelo.
- “ch” (a single letter following “c” in the Spanish alphabet). Chile is a four letter word in Spanish. Another example is chimichanga.
- “ll” (a single letter following “l” in the Spanish alphabet), pronounced as “y” (pollo, Spanish for chicken, is pronounced “poyo”). Another example is relleno (stuffed or stuffing).

Since the index contains a mixture of both English and Spanish, it is sorted according to the English alphabet.

Spanish pronunciation does not follow English rules:

- “j” is pronounced like “h,” thus jalapeño (a chile) is pronounced halapenyo (remember that “ñ” is pronounced like “ny”).
- “g” is pronounced like “h” whenever it is followed by “e” or “i,” as in gelatina (gelatine), gigante (giant or gigantic), and ginebra (gin).
- “rr” is rolled, rather than being pronounced like a single “r,” as in arroz or burrito.

Accentuation rules in Spanish are quite rigid. Unless the accent is explicitly shown, words which end in a vowel, “n,” or “s” have the accent placed on the second to last syllable. Words ending with a letter other than a vowel, “n,” or “s” have the accent placed on the last syllable. Words which violate this rule contain an explicit accent, for example albóndigas (meatballs).

Spanish adjectives must match the number (singular or plural) and the gender (masculine or feminine) of the noun it modifies. Thus, “stuffed chile” is “chile relleno” (singular masculine); “stuffed chiles” is “chiles rellenos” plural masculine; and “stuffed eggplant” is “berenjena rellena” (singular feminine). Remember that “ll” is pronounced as a “y,” so “relleno” is pronounced “re-ye-no,” with the accent on the second to last syllable.

Ingredients for Mexican Cooking

Many familiar ingredients are used in Mexican cooking, including rice, onions, garlic, tomatoes, monterey jack and cheddar cheese, beef, pork, and chicken. The following ingredients are less familiar to most American cooks:

Chiles

Chiles are an integral ingredient in Mexican cooking. Chiles are related to green (bell) pepper. A common misconception is that all chiles are hot (or all Mexican food is hot), but this is not the case. The flavor of many dishes is developed by lengthy simmering with a variety of chiles.

- Anaheim, or green chiles (chiles verdes) are large green chiles which are not very hot. These are sometimes called California chiles or New Mexico chiles. They are available fresh (see page 5 for preparation instructions) or canned.
- Hatch chiles are grown in the Hatch Valley of New Mexico. They have a smoky, spicy, and slightly sweet taste.
- Jalapeño chiles are small, green, very hot chiles.
- Poblano chiles are short, fat, and very dark green. They are excellent for Chiles Rellenos (Stuffed Chiles), but are somewhat difficult to find. Substitute Anaheim Chiles or Hatch Chiles.
- Ancho chiles are poblano chiles that have been dried. They are deep red, almost black, in color. They are three to five inches wide and about three inches long.
- Pasilla chiles are long, narrow, dried chiles with a deep red-black color. They are quite wrinkled and mild in flavor.
- Guajillo chiles are dark, brownish-red dried chiles with a tough, smooth, shiny skin.
- Mulato chiles are dried chiles similar in appearance to ancho chiles, but they are deeper brown in color.
- Chiles Negros are dried chiles similar in appearance to pasilla chiles, but they are dark black in color.
- Chiles de Árbol small, bright red dried chiles approximately two inches long. They are very hot.
- Chipotle chiles are mature (red) jalapeño chiles which have been smoked and barbequed. They are available in a can.
- Crushed red chile is hot red chile (such as Chiles de Árbol) which has been dried and crushed with the seeds.
- Ground red chile is mild red chile (such as Pasilla, California, or New Mexico) which has been dried and ground. Note that the chile powder sold in American markets is not the same as ground red chile; it is a blend of ground red chile and other spices (cumin, allspice, etc.).
- Chiles Pequin (or Piquín) are small red peppers 5 – 8 times hotter than Jalapeño chiles.

More Ingredients for Mexican Cooking

Herbs and Spices

- Cilantro (Fresh Coriander Leaves) is the herb which grows from coriander seed. Cilantro is sometimes called Chinese Parsley.
- Cumin seed (comino) is very common in Mexican cooking.
- Epazote is a fresh or dried herb. Can be difficult to find in American markets, but can usually be found in the produce aisle or spice section of most Mexican grocery stores. It can even be found on Amazon. Often used in beans.
- Saffron is used in a variety of Mexican dishes. Spanish Saffron is rather expensive, and is commonly found in the spice section of supermarkets. Mexican Saffron is less expensive, but it is necessary to use more because it is less concentrated (contains more of the flower) than Spanish Saffron.

Cheeses

Queso fresco (fresh cheese) is quite common in Mexican cooking, however, it is sometimes difficult to find. Substitute Farmer's cheese, if available, or a mixture of Monterey Jack and Cheddar. The following are two varieties of queso fresco:

- Enchilado cheese is a smooth, firm cheese with a spicy crust.
- Panela cheese is semisoft, moist, rubbery cheese with a mild flavor.
- Cotija cheese is an aged cheese made from cow's milk and named after the town of Cotija, Mexico.

Miscellaneous

- Masa Harina is a corn flour used to make corn tortillas, as well as other Mexican dishes.
- Pinto beans are tan, brown, and white spotted beans which are a regular part of the Mexican diet.
- Tomatillos are small green tomatoes with a thin husk and a tart, apple-like flavor. They are the basic ingredient in green sauces (salsa verde). They are available fresh (see page 5 for preparation instructions) or canned.
- Knorr's Swiss: chicken, beef, and tomato base flavoring (this is used all over Mexico). Comes in both powder form and bouillon cubes. One Bouillon Cube is equivalent to ½ TBSP chicken, beef, or tomato Base.
- Kraft Chicken Base can be used interchangeably with Knorr's Swiss Chicken Base or Cubes.
- Ibarra Chocolate is the most common brand of Mexican Chocolate. Substitute 3 oz sweet chocolate, 4 tsp ground cinnamon, a dash of almond extract, and a dash of vanilla extract for 3.3 oz Ibarra Chocolate.
- Piloncillo (Panocha) are hard cones of dark brown sugar. Substitute 2 TBSP dark brown sugar for one cone of piloncillo.
- Manteca (lard) is used in a number of recipes. Substitute bacon fat or vegetable shortening.

Preparing Green (Anaheim) Chiles

Anaheim chiles have a tough skin which should be removed before slicing, chopping, or stuffing the chiles. Heat $\frac{1}{2}$ to $\frac{3}{4}$ inches of peanut oil in a skillet. Fry the chiles, one or two at a time, in the hot oil, gently splashing or pouring the hot oil over them and turning them frequently until the skins are blistered all around. Remove the chiles from the hot oil and plunge them into ice-cold water for at least 30 seconds. The chiles can then be peeled.

Substitute one 4 ounce can of chopped green chiles (or whole green chiles) for 6 fresh peeled green (Anaheim) chiles. (The canned chiles are already peeled.)

Preparing Fresh Tomatillos

Tomatillos are small green vegetables with a tough shell. They have a tart flavor, and are used to make green sauces (salsa verde).

6		fresh tomatillos, shelled	}	Boil until tender (approximately 10 minutes). Remove tomatillos from water and save the water.
2	cups	water		
1	tsp	salt		

Unless otherwise directed, the tomatillos are chopped in a blender together with half the water in which they are cooked. Save the remainder of the water and add it to the recipe later if more liquid is required.

Substitute one 4 ounce can tomatillos for 8 fresh tomatillos, shelled and boiled (blend canned tomatillos with liquid in can).

Chicken Broth and Boiled Chicken

Chicken broth and boiled chicken can be prepared according to the Chicken Enchilada recipe on page 17 (mild) or the Paella recipe on page 46 (rich). If you are in a hurry, you can prepare chicken broth using bouillon cubes.

Note that chicken broth is made using chicken meat, while chicken stock is made using chicken bones as well as meat, resulting in a thicker and more flavorful liquid. Broth and Stock can often be used interchangeably.

Preparing Dough and Thickening Sauces

The amount of flour, masa harina, or corn starch required when preparing dough or thickening sauces varies with both temperature and humidity. Therefore, you may find it necessary to adjust the quantities of these ingredients (or the quantity of liquid) to obtain the desired results.

Use of a Food Processor

When you chop onion, garlic, or jalapeño by hand, some of the juices and oils escape into the air and onto the cutting surface. When you chop these ingredients in a food processor, the juices and oils are retained and result in a stronger flavor. Thus, you will need to reduce the quantities specified in the recipe.

Corn Tortillas

2	cups	masa harina (or 1 ½ lbs prepared masa)	}	Combine.
1	tsp	salt		
2	TBSP	oil		Combine with masa and mix well.
¼	tsp	baking powder	}	Add the water a little at a time to the masa and oil and mix until you can form a round ball. (You probably will not need all of the water.) Set aside for 15–20 minutes.
1⅔	cups	cold water		

Cut a piece of plastic wrap or plastic bag the size of a corn tortilla. Lay a ball of masa (1 ½ inch diameter) on the plastic and place in the tortilla press. Put plastic wrap on top and press.

Gently lay the masa on a heated griddle or cast iron frying pan greased with shortening. If the edges of the masa crack, it is too dry and more water must be added; too much water, however, will make it sticky. It takes two to three minutes for the tortilla to cook. When dough is slightly brown on one side, turn it over and brown the other side. Stack tortillas as they are cooked.

Flour Tortillas

Please refer to the next page for a recipe for flour tortillas with olive oil.

8	cups	flour	}	Mix.
½	tsp	baking powder		
1	TBSP	salt		
¼	cup	melted shortening, lard, manteca, bacon grease, or olive oil	}	Mix until shortening or oil is evenly distributed in the dry ingredients.
3	cups	warm water	}	Add warm (not hot) water until dough is of a medium consistency and rolls easily by hand.

Form small balls (about the size of golf balls); cover them with a towel to keep them moist while forming the tortillas.

Using a pelote or rolling pin, roll the balls into six-inch circles using the following technique: once forward, once backward, turn a quarter turn, and repeat until a circle is formed.

Lay tortillas on a heated griddle or cast iron frying pan (**do not use grease!**) and let them toast on medium-high heat until light brown patches appear on the bottom. Turn them over and let them toast until light brown patches appear on the other side. Remove from heat and stack in a pile covered with a towel.

Makes 24 to 36 tortillas.

Flour Tortillas with Olive Oil

An alternative recipe for flour tortillas appears on page 6.

2	cups	white flour	}	Mix.
1	tsp	salt		
½	tsp	baking powder		
2 ½	TBSP	olive oil		Add to flour and mix with fingers until well blended.
½	cup	lukewarm water		Slowly add water and mix until dough gets sticky.

Lay dough on a floured surface and roll so flour blends into dough. When a large soft ball forms, set aside and let rest for 10 minutes.

Pull off dough the size of a walnut, and roll into a ball. Using a rolling pin or pelote, roll ball into a flat circle. Cook on both sides on a griddle or frying pan until brown spots appear. Remove from heat and keep wrapped in foil or towel to keep warm.

Electric Tortilla Makers

Note that electric tortilla makers (such as the Chef Pro 10" Tortilla Flat Bread Maker FBM110) are available. These press, then cook the tortilla (either corn or flour) on the same device, so that a griddle or frying pan is not required. Flour tortillas are normally rolled rather than pressed, since the dough produced using the recipe above is too thick to press effectively. The flour tortilla recipes included with electric tortilla makers use more oil (typically ¼ cup rather than 2 ½ TBSP) and more water (typically ⅔ cup rather than ½ cup) with 2 cups of flour, to produce a thinner flour tortilla dough that can be pressed. The Chef Pro Tortilla Maker does not get as hot as a griddle or frying pan on the stove, so the tortillas take longer to cook. But it does produce good tortillas. So, if you're more interested in having a fancy toy than cooking authentic Mexican style tortillas, the Chef Pro Tortilla Maker might be just what you're looking for.

Homemade Tortilla Chips

	stack	flour or corn tortillas	}	Cut flour tortillas into eighths or corn tortillas into sixths.
¾	inches	peanut oil	}	Fry the tortilla wedges in hot oil a few at a time until very light brown. Remove from the oil using a slotted spoon and drain on paper towels. The tortilla chips continue to cook after they are removed from the oil, so be careful not to overcook them.

Frijoles (Beans)

1	pound	pinto beans	}	Sort beans before preparation to remove small stones and other stray objects. The easiest method is to spread some beans onto a table top or counter and separate a few at a time, looking for rocks, etc; then sweep the beans into the pot. Then rinse the beans in cold water.
2	TBSP	manteca, lard, shortening, bacon fat, or olive oil		
1	tsp	salt	}	Mix with the beans, then cover with at least three inches of water. Bring to a boil, cook approximately two hours, adding water as necessary to keep beans covered with at least an inch of water at all times. Be sure beans can be mashed, then drain, saving the liquid.
1/4	cup	chopped onion (optional)		
4	cloves	garlic, minced (optional)		
2		Anaheim chiles, peeled and chopped (optional)		
2	TBSP	fresh chopped epazote (or 1 TBSP dried epazote)		

Frijoles Refritos (Refried Beans)

Prepare frijoles (beans) according to the steps above, then continue with the following steps:

1/4	cup	oil	}	Sauté until golden.
2	cloves	garlic, minced		
8	cups	cooked and mashed pinto beans	}	Add to oil and garlic, cook at medium-high until it starts bubbling around the edges.

Frijoles Refritos con Queso (Refried Beans with Cheese)

Prepare frijoles refritos (refried beans) according to the steps above, then continue with the following steps.

1/4	cup	grated farmer's cheese	}	Add to beans; mix well. Remove from heat and place in baking pan.
1/4	cup	grated cheddar cheese		
1/4	cup	grated Jack cheese		
1/4	cup	grated feta cheese or queso fresco	}	Sprinkle on top of beans; place in oven on low heat until ready to serve.

Frijoles en Tazas (Beans in Cups)

flour tortillas	}	Fold into pockets (like cones). Hold together with toothpicks. Fry in oil until golden brown, rolling them so that they cook on all sides.
frijoles refritos (refried beans)	}	Fill each pocket with freshly cooked (or reheated) frijoles refritos (refried beans).
Jack cheese	}	Place a ½ inch x ½ inch x ½ inch chunk of cheese on top of the beans. (The hot beans will melt the cheese.)

Instant Pot Pinto Beans

2	cups	dried pinto beans	}	Pressure cook on high in Instant Pot for 50 minutes. Be sure that Keep Warm light is on. Allow pressure to Natural Release for 15 minutes, then release pressure.
6	cups	water		
2	TBSB	olive oil		
¼	cup	chopped onion		
1	tsp	minced garlic		
1	TBSP	cumin seed, crushed		
1	TBSP	epazote		
1	small can	diced green chiles		
1	tsp	salt		

Small Batch Beans

1	cup	dried pinto beans	}	Cover with water about 2 inches above beans. Cook for about 2 hours over medium heat, adding more water periodically if needed to keep beans covered. Or cook in a slow cooker for about 3–4 hours on high.
1	tsp	salt		
½	tsp	dried epazote (or ¼ cup chopped fresh epazote)		

Arroz Mexicano (Mexican Rice)

2	cups	long grain white rice, washed until clear and then drained and allowed to dry	}	Fry rice over medium-high heat, stirring frequently, until rice is golden brown.
½	cup	peanut oil		
¼	cup	chopped onion	}	Add to the rice and fry one minute longer.
1	clove	garlic, minced		
¼	cup	peeled and chopped green (Anaheim) chile		
1	pinch	Spanish saffron (optional)	}	Add to the rice and simmer covered over low heat until all the liquid is absorbed. The rice should be cooked and fluffy, but not mushy. If the rice is not fully cooked, add more liquid and continue simmering, and fry the rice longer next time.
1	tsp	ground cumin seed		
¼	tsp	ground black pepper		
8	ounces	tomato sauce		
2		medium ripe tomatoes, chopped (optional)		
4	cups	chicken stock		
1	tsp	Knorr's Swiss chicken base (or 1 cube)		

Plain Style Mexican Rice

2	cups	long grain white rice, washed until water is clear, and drained	}	Fry rice over medium-high heat, stirring frequently, until rice is golden brown.
2	TBSP	peanut oil		
4	cups	hot water or chicken stock	}	Dissolve Knorr Swiss in hot water or chicken stock. Add the stock to the rice. Turn down the heat to medium-low and cover immediately. Cook until all the moisture is absorbed, turn off heat, and let it settle for 15 minutes.
1	tsp	Knorr Swiss Tomato Base		

Mexican Rice for Instant Pot

You can cook Mexican style rice in an Instant Pot. Note that you can use either long grain white rice, or long grain brown rice, but cooking brown rice requires more time, and brown rice will not be as fluffy as white rice.

2 cups	long grain white or brown rice	}	Place the rice in a strainer 1 cup at a time. Rinse well with cold running water and allow to drain thoroughly.
1/2 cup	olive oil		Place the rice in the Instant Pot, and add the oil. Press the Sauté button, and sauté for 10 – 15 minutes, stirring frequently, until golden brown. Press the Cancel button to turn off the Instant Pot
1/4 cup	chopped onion	}	While the Instant Pot is still hot, add, and sauté about 1 – 2 minutes longer, stirring frequently.
1 clove	garlic, minced		
1 can	diced green chiles (7 oz)		
1 quart	chicken stock	}	Mix into the rice. Lock the cover on the Instant Pot.
1 cup	water (for brown rice only)		For white rice, do not add water. Press the Rice button (Low Pressure for 10 minutes).
1 TBSP	whole cumin seeds, crushed		For brown rice, add 1 cup water. Press the Brown Rice button (High Pressure for 45 minutes).
1/4 tsp	ground black pepper		When the Rice cycle completes, Instant Pot will beep and switch to Warm. Quick Release the pressure, open the Instant Pot, and stir the rice.
1 tsp	Knorr's Swiss chicken base (or 1 cube)		
15 ounces	tomato sauce	}	Add to rice and stir. Leave on warm until moisture is absorbed or ready to serve. (Note that if the tomato sauce is pressure cooked with the rice in the Instant Pot, the bottom of the rice will probably burn.)

Saffron Rice with Bananas

1/2 tsp	saffron seed (or 2 tsp Spanish saffron)	}	Grind saffron seed in molcajete (do not grind in molcajete if Spanish saffron is used), then soak in warm water 15 minutes and set aside.
1/2 cups	warm water		
2 cups	long grain white rice, washed	}	Sauté, stirring constantly, until golden brown.
1/2 cups	peanut oil		
1	zucchini, chopped	}	Add to rice and sauté one minute longer.
1	green pepper, chopped		
1	carrot, chopped		
1/4	onion, chopped		
4 cups	chicken stock	}	Combine with half of saffron broth and add to rice. Steam (covered) for 20 minutes, or until all liquid is absorbed.
1 TBSP	Knorr's Swiss chicken flavor		
1 tsp	ground cumin seed		
	salt, to taste		
	ground black pepper, to taste		
4	bananas, sliced	}	Sauté banana with remaining saffron broth in hot oil for 30 seconds. Lay banana on rice and serve.
1/4 cups	oil		

Salsa Cruda (Uncooked Salsa)

You can make this recipe as hot or as mild as you like, depending upon the amount of jalapeño used. The taste for cilantro is an acquired one, so you may wish to begin with only a small amount (10 leaves), and increase the amount of cilantro as you acquire the taste for it.

6		jalapeños	}	Chop fine and spread on the bottom of a serving bowl.
1/2		small onion	}	Chop fine and layer over the Jalapeños.
1	bunch	green onion (optional)		
2	cloves	garlic		Mince and layer over the onions.
6		tomatoes		Chop and layer over the garlic.
1	bunch	cilantro	}	Chop the leaves and layer over the tomato. Mix ingredients just before serving. Add salt to taste.

Cooked Salsa

2		jalapeños	}	Boil in water until tomato peels come off. Remove tomatoes, but continue to boil jalapeños until color changes and stems come off easily. Chop jalapeños. Peel and chop tomatoes and add to chopped jalapeños.
2		tomatoes		
1	clove	garlic, minced	}	Add to onions and jalapeños and mix well. Add salt to taste.
1/2		onion, chopped		

Red Chile Salsa

1 1/2	TBSP	cumin seed	}	Crush in a molcajete or grind in a clean coffee grinder. Using a vegetable brush, brush the spices into a bowl.
6		black peppercorns		
1	TBSP	crushed red chile		
3	cloves	garlic	}	Crush in the molcajete. Add the spices to the garlic and crush together.
8	ounces	tomato sauce	}	Add to the garlic and spices and gently crush the garlic and spices until they are well mixed with the tomato sauce.
1	tsp	cider vinegar		Add to the salsa and mix well.

Salsa Verde (Green Salsa)

4	cloves	garlic, minced	}	Sauté.
½		onion, minced		
1		jalapeño, minced		
¼	cup	peanut oil		
6		Anaheim chiles, peeled and chopped (or 13 ounce can chopped green chiles)	}	Add to oil. Sauté for 3 minutes.
6		fresh tomatillos (or 4 ounce can tomatillos)	}	Cook as directed on page 5. Add to other ingredients and simmer for 3 minutes.
1	tsp	Knorr's Swiss Chicken Base (or 1 cube)	}	Mix well. Let simmer for 3 minutes.
1	TBSP	cumin seed, ground (or 1 TBSP ground cumin)		
6		black peppercorns, ground (or 2 tsp ground black pepper)		
½		cinnamon stick, ground (or 1 tsp ground cinnamon)		
1		clove, ground (or ¼ tsp ground cloves)		
½	tsp	oregano		
2	cups	water	}	Add 1 cup water and let simmer until thick. Slowly add remaining water and continue to simmer until thick.
			}	Serve over chicken enchiladas or cheese enchiladas.

Green Sauce with Hominy

1	15-oz can	hominy, drained	}	Sauté over medium heat for 20 minutes. Add Salsa Verde (Green Salsa).
2	TBSP	olive oil		

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Chicken Taco

3		chicken breasts	}	Boil in water until done. Skin and bone chicken. Shred it and set aside.
¼		onion, diced		
2	cloves	garlic, diced		
12		corn tortillas	}	Fry each tortilla in hot oil. Fold them as they fry, making sure not to fold them too far or they won't open when they're crisp.
1	cup	oil or lard		
1	head	lettuce, shredded	}	Fill each tortilla with chicken, lettuce, cheese, tomatoes, onion, olives, avocado, and optionally the potato. Top with salsa.
3	cups	shredded Jack and cheddar cheese (mixed)		
3		tomatoes, chopped		
1		onion, chopped		
1		small can sliced black olive		
1		avocado, diced		
1	cup	salsa		
1		potato, diced and fried (optional, to reduce cost per serving)		

Tostada de Huevo (Egg Tostada)

Try this for brunch sometime:

6		homemade corn tortilla, heated to soften	}	Set aside.
¼	head	lettuce, shredded		
1		tomato, chopped fine		
½		onion, chopped fine		
¼	cup	sliced black olive		
1		avocado, sliced into 12 slices	}	If you have a large griddle, you can do six eggs at once; otherwise, do two or three at a time, depending on the size of your skillet.
6		eggs		
			}	Break the eggs onto a greased griddle or skillet far enough apart so that they do not run together. Then, break the yolks. After they are fried on one side, turn them over, press them down, and fry on the other side until they are hard cooked. Slide one warm tortilla under each egg. Top with lettuce, tomato, onion, olive, and two slices of avocado.
1	cup	refried beans (optional)		
			}	Spoon 1 – 2 TBSP on each tortilla.
1	cup	salt and black pepper, to taste		
			}	Salt and black pepper to taste. Top with sour cream and serve.
		sour cream		

Quesadillas (Tortillas filled with Cheese)

6		flour tortillas	}	Lay the first tortilla in a hot skillet. Place 1 cup (for flour) or ½ cup (for corn) of the cheese on one half of the tortilla; Top with chopped onion, salsa, garlic salt, and tomato. Fold the other half of the tortilla over the top. Grill until the cheese melts, turning once to lightly brown on both sides.
or				
12		corn tortillas		
6	cups	shredded cheese (mix cheeses of your choice)		
1	cup	chopped onion		
½	cup	salsa cruda (uncooked salsa)		
1	tsp	garlic salt		
1		large tomato, diced		

Cheese and Spinach Empanada (Turnover)

2	cloves	garlic, minced	}	Sauté garlic in olive oil.
¼	cup	olive oil		
1	bunch	spinach, chopped, without stems		Add to olive oil and garlic and sauté about 5 minutes.
½	tsp	salt	}	Add to spinach. Remove spinach from heat. Set aside to cool so cheese doesn't melt in next step.
¼	tsp	black pepper		
1	cup	mixed grated cheese (goat cheese or other homemade cheese, romano, parmesan, cheddar, jack, farmers, feta, etc.)	}	Mix cheese with cooled spinach. Set aside
2	cups	sifted all purpose flour	}	Sift together.
½	tsp	baking powder		
1	tsp	salt		
3	TBSP	shortening or olive oil	}	Add to flour and work into dough (as pie dough) with your fingers until dough is crumbly.
½	cup	lukewarm water	}	Add enough water until dough is soft and pliable. Divide into 12 balls and keep covered. Roll balls one at a time to form a 4 inch circle. Place about 3 TBSP of cheese and spinach mixture onto rolled dough, fold in half, and pinch with fork to seal.

Toast fry (don't deep fry) both sides of each empanada in peanut oil until golden brown. The peanut oil should be deep enough to halfway cover the empanada.

Beef Burritos

1	pound	ground beef	}	Simmer until meat is well cooked.
4	cloves	garlic, chopped		
½		onion, chopped		
1	TBSP	ground red chile		
1	cup	water		
		flour tortillas		Warm. Place ½ cup beef on tortilla.
		salsa, optional	}	Add optional ingredients to tortilla, if desired. Roll and serve.
		grated cheese, optional		
		chopped onion, optional		

Use the recipe for Shredded Beef on page 26 if boiled or roasted meat is used instead of ground meat. Shred meat by pulling it apart, or cut into chunks. Place meat on warm tortillas, then add Chile Gravy (Enchilada Sauce) from page 17, roll, and serve.

Pork Burritos

3	pounds	pork roast, cut into one inch cubes	}	Cover with water and cook until pork is falling apart. Cool until it is comfortable to handle. Remove fat and shred pork.
1		jalapeño, minced		
2	cloves	garlic, minced		
1	TBSP	cumin seed (or 1 TBSP ground cumin)		
1	tsp	salt	}	Add to pork.
½	tsp	black pepper		
6		flour tortillas		Heat. Fill with pork and roll.

Vegetable Burrito or Taco

6		tortillas (flour or corn)	}	Warm the tortillas and top with the remaining ingredients. Fold in a corn tortilla as a taco or roll in a flour tortilla as a burrito.
2		tomatoes, diced		
¼	head	cabbage, thinly sliced		
½	bunch	green onions, chopped fine		
¼	bunch	cilantro, chopped fine		
1		avocado, cut into 12 slices		
		salsa cruda (uncooked salsa), to taste		
		grated cheddar and Jack cheese, optional		

Chicken or Beef Enchiladas

Shredded Beef or Chicken Filling

4	pounds	chuck or boneless roast	} Put in pot, cover with water, and cook until tender. Remove from pot, saving the stock for the Chile Gravy. Allow beef or chicken to cool, remove bones, gristle, and fat, and shred. Set aside.
	or		
1		chicken	
4	quarts	water	
1		onion, chopped	
4	cloves	garlic, chopped	
1	TBSP	Mexican saffron	
2	TBSP	cumin	
1	tsp	crushed red chiles	
1	tsp	oregano	
1	TBSP	Knorr's Swiss Chicken Base (or 2 cubes)	

Chile Gravy (Enchilada Sauce)

¼	cup	peanut oil	} Toast in oil in a deep skillet until light brown. Be careful not to burn. Set aside.
1	cup	ground red chile	
1	cup	masa harina	
½	cup	flour	
4	cloves	garlic	} Crush in molcajete. Add to the flour and chile mixture. Slowly add the beef or chicken stock and stir until it forms a smooth, thick gravy.
2	TBSP	cumin seed	

Enchiladas

		corn tortillas	} Warm, so they can be rolled easily. Dip each tortilla into chile gravy, then place ¼ cup of beef or chicken on top, roll, and place on a 9 x 13 pan (two rows of 11 enchiladas). Ladle chile gravy on top.
1	cup	grated cheese (cheddar or Jack or both)	} Sprinkle grated cheese over the enchiladas. Heat in 350°F oven until cheese is melted.
½		onion, chopped	} Sprinkle onion and olive on top and serve.
¼	cup	sliced black olives	

Chilaquiles (Fried Tortilla Strips)

Chilaquiles is a simple and versatile dish and can be prepared in many different ways. Chilaquiles are made by cutting corn tortillas into strips to resemble noodles. They are then fried, with a sauce being added as they begin to get moist in the oil. Usually, the sauce is made of tomato, however, green tomatoes (tomatillo) can be used with green chiles and garlic to give a different flavor.

Chilaquiles de Tortilla

1/2		onion, chopped	}	Sauté in oil until onions are transparent.
2	cloves	garlic, chopped		
4		Anaheim chiles, chopped	}	Add to onion and garlic. Simmer for 10 minutes.
6		tomatoes, chopped		
1	cup	hot water or stock	}	Add. Simmer until a thick sauce is formed. Set aside (the salsa).
1	tsp	Knorr's Swiss Chicken Base (or 1 cube)		
1	tsp	ground cumin		
2	TBSP	ground red chile		
6		corn tortillas, cut into strips	}	Fry tortilla strips in oil. Drain. Add salsa and fry until a little dry. Add water if too dry. Remove from skillet. Serve at once.
1/4	cup	peanut oil		

Chilaquiles Verdes

1		small can tomatillos (or 4 fresh tomatillos)	}	Blend in blender until mixed. Pour into skillet and simmer until thick. Remove from skillet and set aside.
3		Anaheim chiles, chopped		
2	cloves	garlic		
6		black peppercorns		
1/2		cinnamon stick, broken		
1		whole clove		
1	cup	hot water		
1	tsp	Knorr's Swiss Chick Base (or 1 cube), dissolved in the hot water		
6		corn tortillas, cut into strips	}	Fry tortilla strips. Add salsa and cook until dry. Add more water if too dry. Remove from skillet and serve at once.
1/2	cup	peanut oil		

Chilaquiles Verdes con Queso

12		corn tortillas	}	Cut into strips 4 inch wide. Cut longer strips in half. Fry in 2 inches of hot oil until crisp. Drain and salt lightly. Place in 9 x 13 pan.
1/4	cup	oil	}	Sauté until onions start turning transparent.
1	TBSP	chopped garlic		
1/2	cup	chopped onion		
2		tomatoes, chopped		
1		Anaheim chile, minced		
1		small jalapeño, minced	}	
4		fresh tomatillos		Prepare as directed on page 5 and add to mixture.
1	tsp	cumin seed	}	Grind in Molcajete; add to mixture.
1/2		cinnamon stick		
1	tsp	oregano		
1		clove		
3		black peppercorns		
1	tsp	Knorr's Swiss Chicken Base (or 1 cube)	}	Combine until Knorr's is dissolved and well mixed. Add into the mixture and sauté for 5 minutes.
1	cup	hot water		
1	cup	shredded cheese (Jack, cheddar, farmer's, or homemade, or combination)	}	Add to mixture and mix well. Pour mixture over tortilla strips.
1/4	cup	cotija cheese, crushed	}	Sprinkle over chilaquiles and serve.
1/4	cup	cilantro, chopped		

Chilaquiles de Huevo

We discovered a new way of making chilaquiles and would like to share this recipe with you. They are made with eggs instead of corn tortillas and with the dried shrimp that is found in local markets in the Mexican spice section.

These also make an excellent side dish for a main dish of meat because they do resemble fried noodles. The recipe given is a large quantity, but they can be frozen (freeze the sauce separately).

1		onion, chopped	}	Sauté in oil until onions are transparent.
2	cloves	garlic, chopped		
4		Anaheim chiles, chopped	}	Add to onion and garlic. Simmer for 10 minutes.
6		tomatoes, chopped		
1	cup	hot water		
1	tsp	salt	}	Add. Simmer until a thick sauce is formed. Set aside.
1	tsp	Knorr's Swiss Chicken Base (or 1 cube)		
1	tsp	cumin seed, ground		
1	TBSP	ground red chile		
6		eggs		Beat until stiff (15–20 minutes).
½	tsp	baking powder	}	Add to eggs. Beat 30 seconds more.
1	tsp	ground dried shrimp		
1	tsp	salt		
½	cup	flour		Add to eggs. Beat 30 seconds more.
½	cup	peanut oil	}	Heat in a skillet. Pour in enough egg mixture to make a thin pancake. When egg is cooked but not hard, remove from pan and place on a paper towel to drain and cool. Repeat until all of the egg mixture is used. When egg pancakes are cool, stack them on top of each other and slice into strips like noodles. Place in a casserole dish and cover with the salsa.
1	cup	shredded cheddar cheese	}	Place on top of chilaquiles and serve.
½	cup	sliced black olives		

Sopes (Little Tazas or Cups)

The Mexican tradition of constructing edible tableware continues in this delightful recipe for Sopes (literally, little bowl). Made from corn flour and cooked, and then filled with a tangy combination of salsa, frijoles (beans) and queso (cheese), these little bowls will delight all who are fortunate enough to partake of them.

2	cups	masa harina
1/4	cup	manteca (lard or shortening)
1/4	cup	ground red chile
1	TBSP	salt

} Mix together until well blended. Add 1 cup water, and mix together. If one cup does not form a semi-moist dough, add a little more water. Knead and work into a semi-moist state. Roll the dough into two-inch balls, place in the palm of your hand, and press down. If the edges crack, it is too dry, and you need to add a little more water.

Use a pelote or rolling pin to flatten to 1/4 inch thick. Very lightly fry both sides in a greased skillet over medium heat until they are warm but not hot, then remove from the skillet and pinch edges to 1/4 inch high all around to form a small cup. Return to the skillet and cook until lightly browned.

2	cups	frijoles (beans)
1	cup	shredded Jack and cheddar cheese (mixed)
1	cup	salsa cruda (uncooked salsa)
1/2	head	lettuce, shredded
1/2		onion, chopped
1/2	cup	sour cream
1		Avocado, sliced
1/4	cup	sunflower seeds or piñones (pine nuts) (optional)
1/4	cup	black olives, sliced

} Into each sope, place a layer of 2 TBSP beans, then a pinch of salsa, then 2 TBSP Cheese, then 1 TBSP of salsa, then top with shredded lettuce, chopped onion, a dab of sour cream, and two avocado slices. Optionally top with sunflower seeds or piñones and sliced black olives.

Shrimp and Crabmeat Sopes

		masa bowls, prepared as directed above
1	TBSP	refried beans
1	TBSP	salsa
2	tsp	shredded crab meat, cooked
2	tsp	small cooked shrimp

} Spread into each sope.

} Spread into each sope.

} Spread into each sope.

Flautas or Taquitos (Rolled Stuffed Tortillas)

Chicken Filling

3		chicken breasts	}	Boil in water until done. Skin and bone chicken. Shred it and set aside.
¼		onion, diced		
2	cloves	garlic, minced		

Beef Filling

1	pound	ground beef	}	Fry.
1	clove	garlic, minced		
¼		onion, chopped		
¼	cup	ground red chile	}	Add to beef. Simmer until chile is cooked well. Set aside.
1	cup	water		

Preparation

12		corn tortillas (for taquitos)	or	Heat in dry skillet.
6		flour tortillas (for flautas)		
12	strips	canned anaheim chile		In each tortilla, place 1 TBSP chicken or beef filling and one strip anaheim chile. For taquitos, roll the tortillas tightly half way, fold ends of the tortilla over so that the taquitos will be sealed, and continue rolling. For flautas, roll tightly leaving the ends open. Pin closed with toothpick. Deep fry until golden brown.
		guacamole		Top each taquito or flauta with guacamole.

Empanaditas (Miniature Turnovers)

		flour tortilla dough		Form 3 to 4 inch diameter tortillas.
2	TBSP	grated Jack and cheddar		Place on each tortilla.
		grated Parmesan cheese	}	Sprinkle on each tortilla.
		grated Romano cheese		
½	tsp	salsa	}	Place over cheese on each tortilla. Fold tortillas over to form a semicircle and pinch closed. Push rounded edges inward to form a triangle. Be sure empanadita is well sealed so contents do not leak. Fry in 4 inch oil until golden brown.

Can be filled with chicken filling or beef filling (see above).

Coches (Pork Taco with Tomatillo Sauce)

“Coche” is one way of saying “car” in Spanish. I learned this when I gave my Mexican help a ride home each night. I would tell them to open the door on the car, using the word “coche” for “car.” They would always giggle when I would say it, so one day I asked them why they were giggling. They said in Sinaloa, Mexico, where they were born and raised, there was a taco called a coche. Of course, I asked them how the taco was made. After a lengthy oral recipe, we decided to cook it to make sure we got it right. It turned out to be one of the tastiest dishes I’ve ever prepared. It’s quite a process, but well worth the effort.

6		black peppercorns	}	Grind in molcajete.
½	tsp	cumin seed		
1	tsp	oregano		
½	cup	ground red chile	}	Grind together with above spices in molcajete or blender.
1	TBSP	cider vinegar		
		salt, to taste		
4	cloves	garlic		
5	pounds	boneless pork roast, cut into 4 pieces	}	Rub with spice paste. Chill in refrigerator at least 2 hours or overnight. Wrap pieces in foil and roast at 350 °F for 2 hours or until meat falls apart. Then shred the meat (pull it apart) and set aside.
6		fresh tomatillos with shells removed	}	Place in 2 quart pot. Cover with water and cook together. Allow to cool. Set aside half of the water, and blend the cooked tomatillos and chiles with the remaining half of the water. The blended tomatillos and chiles will be used in the next step.
6		chiles guajillos, with seeds and stems removed		
3		plum tomatoes	}	Bring 2 cups of water to a boil, then place the tomatoes into boiling water and leave them in until the skins crack. Remove the tomatoes and briefly place into cold water. Remove from cold water, and remove the skins from the tomatoes. Add the tomatoes with the skins removed to the blended tomatillos and chiles guajillos and blend them all together. Add salt to taste. This will be used last.
1		tomato, chopped	}	Sauté. Add the water that was saved in a previous step and simmer 10 minutes. Take off burner and pour over shredded pork after reheating pork in a large frying pan. Then, pour sauce containing tomatillos over pork.
1	clove	garlic, minced		
1		jalapeño, minced		
1	bunch	cilantro	}	Chop together.
2		Anaheim or Hatch chiles		
1	bunch	green onions		
		homemade corn tortillas	}	Fill each with meat mixture; then pour 2 TBSP tomatillo sauce over it and sprinkle on 1 tsp cilantro mixture.

Chalupas (Deep Fried Triangular Dumplings)

		corn (masa) dough prepared as directed on page 6	}	Form a ball the size of a golf ball. Push thumb in to form a cup (taza).
1	TBSP	Chile Verde con Puerco, prepared as directed on page 32	}	Place into the bowl. Fold over and seal well, so that ingredients do not leak. Shape into a triangle 6 to 1 inch thick at thickest part. Fry in 4 inch oil until golden brown.

Gorditas (Filled Round Cups of Masa)

		corn (masa) dough prepared as directed on page 6	}	Form a ball the size of a golf ball. Place ball in the palm of your hand, and press down. If the edges crack, it is too dry, and you need to add a little more water. Flatten bottom, stretch to form cup (taza) 2 to 3 inches in diameter with fluted sides 4 to 6 inches high. Fry in 4 inch oil until golden brown.
		frijoles (beans) shredded lettuce grated cheese strips of Anaheim chile salsa cruda (uncooked salsa) sour cream avocado or guacamole etc.	}	Fill gordita with these ingredients or anything else you want and serve.

Fajitas (Beef Strips wrapped in Tortillas)

4	cloves	garlic	}	Grind into a paste in a molcajete.
2	TBSP	cumin seed		
6		black peppercorns	}	
1/4	cup	ground red chile		Add to molcajete and grind together.
1/2	cup	water		Add to molcajete and mix with other ingredients.
3	pounds	flank steak	}	Cut slits with the grain 6 inches apart. Spread the marinade on both sides and into the slits and marinate overnight. Place meat in baking pan, cover with aluminum foil, and bake at 350°F for 1 hour and 15 minutes, or until tender. Cut into 2 inch strips.
1		flour tortillas	}	Place one strip into each tortilla. Squeeze lime juice over meat and roll.
		lime		

Nachos (Tortilla Chips with Melted Cheese)

12	ounces	tortilla chips		Place a layer of tortilla chips on a cookie sheet.
1	cup	cooked bean (refried or whole)s		Place a thin layer of beans over the chips.
½	cup	salsa		Place a layer of salsa over the beans.
½	tsp	garlic salt		Sprinkle with garlic salt.
1	cup	grated cheddar cheese	}	Sprinkle grated cheddar and jack cheese on top.
1	cup	grated Jack cheese		
		salt	}	If desired, place another layer of chips, beans, salsa, garlic salt, cheese, salt, pepper, and paprika on top.
		black pepper		
		paprika		
				Bake at 400°F until cheese melts.

Tortas (Fluffy Pancakes)

6		eggs		Beat until stiff.
½	tsp	baking powder		Beat into eggs.
½	cup	flour	}	Add to eggs. Beat until just mixed in. Do not beat for more than 30 seconds or eggs will fall.
½	cup	grated Jack cheese	}	Add to eggs.
1	TBSP	salsa		
¼	cup	peanut oil	}	Fry eggs in spoonfuls in covered skillet over low heat until puffy. Turn once.
2		tomatoes, chopped	}	Top with chopped tomatoes, avocado wedge, and shredded lettuce. Remove from skillet. Makes 3 tortas.
1		avocado, cut into wedges		
½	head	lettuce, shredded		

Beef

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Carne Guisada

Serving of meat and gravy is a custom shared by Mexicans and Americans, but the addition of exotic (to the Americano palate) spices and different methods of preparation change this “plain Jane” dish into a macho Carne Guisada.

The methods for preparation of Carne Guisada vary as much as the individuals cooking the dish. This recipe is Carmen Cabellero’s version. In it, the cinnamon and clove lend a unique flavor to the meat. The completed dish produces a mild taste, due largely to the fact that no chile is used.

3	pounds	top sirloin, cut into 2 x 2 inch strips	}	Fry for 10 minutes, turning occasionally. Set aside.
3	TBSP	peanut oil		
2		tomatoes	}	Process in a blender until smooth. Cook in a skillet on low heat until steaming. Add meat and cook until meat is tender.
2	cloves	garlic		
1		onion, cut into chunks		
1		whole clove		
2		whole black peppercorns		
1		jalapeño, optional		
½	stick	cinnamon		

Serve this dish with rice, beans and tortillas. This dish goes very well with Ensalada con Naranja y Cebolla and Empanada con Calabaza for dessert.

An alternative is to serve this dish with rice, salad, and French rolls with garlic butter.

Shredded Beef

4	pounds	chuck or boneless roast	}	Put in pot, cover with water, and cook until tender. Remove from pot (save the stock), cool, remove bone, gristle, and fat, and shred. Use for taco or burrito filling, or serve with enchilada sauce with rice, beans, and tortillas. (Can also be served cut into chunks)
1		onion, chopped		
2	cloves	garlic, chopped		
1	TBSP	Mexican saffron		
2	TBSP	cumin		
1	tsp	crushed red chiles		
1	tsp	oregano		

Carne Machacado (Seasoned Dried Beef)

2		chile Negro	}	Remove the stems and discard the seeds. Toast in a dry skillet until the skins are pliable. Place in a sauce pan, cover with water, and boil until soft. Set aside to cool.
2		chile Mulato		
2		chile Ancho		
1		chile Guajillo		
1		chile de Árbol		
2		tomatoes, cut in wedges	}	Sauté until onion is transparent. Place in blender with chiles (do not add chile water yet), and blend until a paste forms. If necessary, add a little chile water (be sure it has cooled, or pressure may blow mixture out of the blender) to get a smooth paste.
1/2		large onion (or 1 small), cut into wedges		
3	cloves	garlic, peeled		
1/4	cup	peanut oil		
1		2 to 3 pound rump roast, cut into chunks	}	Sauté meat until brown.
1	stick	cinnamon (or 1 tsp ground)	}	Crush spices in molcajete and grind into course powder. Add spices to meat, then add the chile paste. Wash the blender out with the chile water, stock, or water, and add to the meat. Simmer (sort of fry) until tender. Add water, 1/2 cup at a time, until a thick sauce develops.
1		clove (or 1 tsp ground)		
2	TBSP	cumin seed (or 1 TBSP ground)		
6		black peppercorns (or 1 tsp ground)		
1	TBSP	Knorr's Swiss beef base		
2	TBSP	vinegar	}	Add to meat, and let simmer a little longer. Salt to taste.

Chile Colorado (Red Chile)

2 1/2	pounds	beef round steak, cut into small cubes	}	Sauté until lightly brown.
1/4	cup	oil		
2	TBSP	garlic, minced	}	Add to beef.
1/4	cup	onion, chopped		
1	TBSP	ground Cumin	}	Add to beef.
1/2	tsp	ground black pepper		
1	tsp	salt, or to taste		
3/4	cup	ground red chile		
1	TBSP	Knorr's Swiss beef base		
3	cups	water or beef stock	}	Mix masa with water or beef stock, then add to beef mixture. Cook until tender. Add more water as it simmers away. Add masa slowly until desired thickness is achieved.
1/2	cup	masa harina (to thicken)		

Pork

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Tamales

Tamales may be made of chicken or beef, but pork is the most common meat used among the Mexican people. In Southern California, though, the chicken and beef variations are predominant. The corn husks act as a natural preservative and will keep a meatless masa tamal for some time. Tamales stuffed with meat will spoil faster.

Tamales date back quite a ways in the Mexican cuisine. There is some dispute over whether the staple originated as an Indian or Mestizo (people of mixed Indian and European heritage) dish. Tamales are usually served with a fresh meat dish, just as Americans would use bread or potato side dishes.

In Cuba, those that can afford refrigeration use meat and those that can't rely on the highly seasoned masa wrapped in corn husks and then steamed. Most Mexicans prefer meat. A pork head is often used, because the meat is very rich and high in nutritive value. I usually use pork or boneless pork roast, chuck roast for beef tamales and stews for the chicken tamales.

Small versions of tamales double as hors d'oeuvres. Larger tamales stuffed with an olive are usually served for dinner.

A tortilla press comes in handy in order to press the masa for the corn husk. It is faster, but some people like to fill the leaf using a spatula. One package of corn husks will produce four to five dozen tamales. The Masa Harina by Quaker can be purchased at most local stores.

Red ground chile from New Mexico or California is the most flavorful we have found. Ground cumin, garlic, salt and black pepper are the only other ingredients needed.

At one time, the tamales were rolled round and then tied on each end with a thin strip of corn husk. Now, most of them are folded and steamed. The latter method is faster and easier to use and it does not alter the flavor at all.

Fruit and sweet tamales are two other variations. The tamales de fruta (fruit tamales) are excellent with breakfast. Tamales dulces (sweet tamales) made with caramel are usually served at "la cena" or the light evening meal.

To spread the dough on a husk with a spatula, begin with the husk flat. Spread the masa away from you at least four inches up the husk and across it. Be sure the husk is large enough to fold around the masa. For each tamal use three tablespoons masa. Then fill with one to two tablespoons meat. Fold the edges of the husk in to meet each other, wrapping the one over the other. Then fold the edges down. Add 1 olive if desired.

There are three possible ways to cook the tamales:

- Add about 1 inch of water to a roasting pan with a rack, and stack up to two dozen tamales on the rack above the water. Ensure that the tamales do not get wet. Place a cover on the roasting pan, and place the roasting pan over two burners on the stove. Heat over medium heat. Once the water begins to boil, allow to steam for about 30–45 minutes. When the tamales are thoroughly cooked, they should be firm.
- Add about ½ – 1 inch of water to a pressure cooker with a rack, and stack tamales on the rack above the water. Ensure that the tamales do not get wet. Pressure cook at 15 pounds of pressure for 10 minutes. Note that the tamales will cook more quickly in a pressure cooker, but the pressure cooker will not hold as many tamales.
- Add about ½ – 1 inch of water to an Instant Pot with a rack, and stack tamales on the rack above the water. Ensure that the tamales do not get wet. Pressure cook at high pounds of pressure for 10 minutes.

The following recipes all use the same cooking technique:

- Meat Tamales: page 35.
- Chicken Tamales: page 47.
- Tamales Dulces del Elote (Sweet Corn Tamales): page 83.
- Sweet Tamales de Carmen: page 83.
- Walnut and Raisin Tamales: page 84.

Meat Tamales

4	pounds	pork or chuck roast	}	Cover the meat with water and add other ingredients. Cook until meat is tender, adding water as needed. When meat is cooked, remove from pot and shred or chop it. Strain the broth and reserve for the masa.
1	cup	ground red chile		
6	cloves	sliced garlic		
2	TBSP	cumin		
1	TBSP	black pepper	}	Mix together.
1/2	cup	manteca (lard or shortening)		
4	cups	masa harina		
1	TBSP	salt		
2 3/4	cups	broth from meat	}	Soak in water for at least 15 minutes.
		corn husks		
		olives		
			}	Spread 3 TBSP masa on each husk. (If masa is too dry, add water a little at a time.) Top with 2 TBSP meat. Add 1 olive to each tamale, then fold the tamales. Steam tamales as directed on page 34. While tamales are at their best when served hot and fresh, they also freeze very well when properly wrapped. They may be reheated in a microwave oven or steamed in a vegetable steamer until warm.

Pozole (Stew)

Pozole is a stew made with hominy and meat. Please refer to page 55 for a vegetarian pozole recipe.

2	pounds	pork roast or country short ribs, cut into cubes	}	Boil for an hour, until meat is tender.
4	cloves	garlic		
1/2		onion, chopped		
2	quarts	water		
2	15-oz cans	hominy, drained	}	Add. Simmer until pork is tender. Place in individual bowls for serving.
1/2	cup	diced tomato		
1/2	cup	ground red chile		
2		Anaheim chiles, diced		
1/2		jalapeño, minced		
1	TBSP	ground cumin		
2		black peppercorns		
1/4	stick	cinnamon (or 1/2 tsp ground)		
1		clove (or 1/4 tsp ground)		
1	tsp	black pepper		
1/2	tsp	oregano	}	Top each bowl of pozole with chopped onion, freshly squeezed lemon juice, oregano, radish slices, and an avocado slice.
2		Knorr's Swiss chicken boullion cubes, crushed		
		onion, chopped		
		lemon		
		oregano	}	
		radishes, sliced		
		avocado, sliced	}	

Puerco en Naranja (Pork in Oranges)

6		oranges		Juice the oranges (save the rinds).
5	cloves	garlic	}	Blend in a blender with the orange juice.
1	TBSP	salt		
6		black peppercorns		
1	tsp	cumin		
1	tsp	oregano		
2		whole cloves		
1		5 pound rib-end pork roast (pork loin)	}	Rub the pork thoroughly with the juice mixture and let stand one hour.

Place the pork in a heavy casserole. Cover the entire roast with the orange rinds, flesh side down. Cover with a lid and bake for two hours at 350°F.

Remove and save 3 TBSP of juices from the casserole. Turn the meat over and bake uncovered for another hour. Drain off and save the remaining juices.

Turn the oven up to 400°F and brown the bottom of the meat, then turn over and brown the other side. Remove the meat from the casserole. Add the juice and 2 cups water to the casserole and mix until the juices are well blended and have absorbed the browned juice from the casserole.

Slice the meat, and pour a little of the juice over each piece before serving.

Calabaza con Puerco (Pork with Squash)

4	pounds	boneless pork	}	Trim off fat and cut pork into 1 inch cubes. Sauté until slightly pink.
2	TBSP	peanut oil		
		water	}	Add enough water to cover the pork. Add beef base, cumin, and black pepper, and cook until meat is tender.
1	tsp	Knorr's Swiss beef base		
1	TBSP	ground cumin		
½	tsp	black pepper		
2		zucchini, cut into chunks	}	Add to meat. Cook covered until zucchini is tender.
½		onion, chopped		
1	TBSP	chopped garlic		
½	cup	chopped anaheim chile		
1	TBSP	chopped jalapeño		
2 ½	cups	diced tomatoes		
3	ears	corn, cut into chunks		

Carnitas (Large Chunks of Cooked Pork)

Carnitas are usually made in a large iron pot set in a hole over hot rocks (a hole in the ground is filled with rocks, then a fire is set over the rocks to heat them up). Large chunks of fresh pork are used, after trimming off the fat (the fat is rendered into chicharrones, or pork rind). Garlic, onion, cumin, bay leaf, jalapeños, cinnamon sticks, cloves, and even a couple of cut-up chickens can be placed on top of the pork as it cooks. When the pork is done, it is removed, and the trimmed fat is placed into the pot to be rendered. (The rendered fat, or chicharrones, can be put inside a tortilla with salsa for a taco.)

Most people do not have the time or space to cook carnitas in a hole in the ground. This recipe is simpler, but just as tasty.

1 ½	TBSP	oil	}	Sauté in skillet for 1 minute.
½		onion, minced		
1	clove	garlic, minced (or ¼ tsp ground)		
1	tsp	ground cumin		
¼	tsp	ground black pepper		
¼	tsp	oregano		
½	tsp	Mexican saffron (optional)		
6	cups	water		Add to skillet and simmer.
2		Knorr's Swiss bouillon cubes (chicken or beef)	}	Add to skillet and simmer for 10 minutes. Set aside.
3	pounds	boneless pork roast, cut into chunks	}	Sauté pork. When pork is lightly browned, start adding stock a little at a time. When pork absorbs the stock, add more, until the pork has absorbed all the stock and is tender.
1 ½	TBSP	oil		
½		onion, minced		
2	cloves	garlic, minced		
½	tsp	ground cumin		
¼	tsp	ground black pepper		
¼	tsp	oregano		
½	tsp	Mexican saffron (optional)		
				Serve over rice.

Chile Verde con Puerco

(Pork with Green Chiles)

2	pounds	boneless pork roast, cut in 4 inch chunks	}	Sauté on medium heat until gray (not brown).
1/4	cup	oil		
4	cloves	garlic, minced	}	Add to pork and sauté until onions become transparent.
1/2		onion, minced		
13	oz	canned whole green chiles, chopped (or 6 fresh Anaheim chiles, prepared as directed on page 5)	}	Add to pork and sauté 5 minutes.
4	oz	canned tomatillos (or 8 ounces fresh tomatillos prepared as directed on page 5)	}	Add to pork and sauté 5 minutes.
1/2	tsp	crushed cinnamon bark	}	Grind in molcajete and add to pork.
6		black peppercorns		
1/2	tsp	oregano		
1	TBSP	ground cumin	}	Add to pork and simmer until tender. Add additional water as it cooks if necessary.
1/4	tsp	crushed red chiles		
2		Knorr's Swiss bouillon cubes (chicken or beef), or 1 TBSP Knorr's Swiss chicken or beef base		
1		clove		
1	cup	water		

Optionally add 1 small can of green sauce, for example Old El Paso Green Chile Enchilada Sauce.

Pork Annatto

5	pounds	boneless shoulder pork roast, cut into one-inch chunks achiote paste, prepared as directed below	}	Rub the achiote paste into the meat.
3	cloves	garlic	}	Grind together into a fine paste and rub this into the meat. Let set one hour or over night. Sauté meat for approximately 20 minutes in 2 inch hot oil, turning occasionally, until brown.
1	TBSP	oregano		
10		black peppercorns		
1	TBSP	Knorr's Swiss chicken base	}	Mix. Add half to the meat; set the remainder aside.
2	cups	hot water	}	
1	TBSP	ground cumin	}	Add to the meat. Bring to a boil and simmer rapidly for 10 minutes. Add the remaining liquid and continue cooking until the meat has a crusty appearance and is tender to the touch of a fork. Remove the meat and drain most of the oil from the pan, leaving a thin layer of oil in the bottom of the pan.
			}	
4		avocados, sliced 4 inch thick	}	Lay gently in the heated oil and brown by shaking and basting the slices with oil. Make sure the slices are coated, then season with salt or garlic salt and pepper. Place the avocado slices over the pork and serve with rice and tortillas.

Manteca de Achiote (Achiote Paste)

1	ounce	achiote (annatto) seeds	}	Boil for 30 minutes, then allow to soak overnight. Strain, then crush the seeds.
1	cup	water		
1	cup	manteca (lard or shortening)		Blend crushed achiote seeds into a paste with the lard.

Achiote Paste is now available in most Mexican groceries.

Chorizo (Mexican Sausage)

6	cloves	garlic	}	Crush in molcajete, mortar and pestle, or grinder, or use ground spices.
1	TBSP	cumin seed or ground cumin		
1	tsp	oregano		
8		black peppercorns		
1		clove (or ¼ tsp ground clove)		
½	stick	cinnamon (or ¼ tsp ground cinnamon)		
1	oz	cider vinegar		Add to ground spices and mix well.
3	pounds	ground pork		Combine above ingredients with pork.
6	oz	California or New Mexico ground red chile	}	Combine with pork; mix well. Let set one hour. Fry in large cast iron skillet over low heat (approximately one hour). If Chorizo is too bland, add more cumin. Chorizo can be stored in the freezer, if desired.

Chorizo y Huevos Rancheros (Mexican Sausage and Ranch-Style Eggs)

6		eggs		Whip at high speed in mixer until fluffy.
		oil	}	Pour 2 inch oil in large cast iron skillet. Add the eggs, and approximately 4 ounces of chorizo, and cook until it sets.
		chorizo, prepared as directed above		

Chorizo con Frijoles Negros (Mexican Sausage with Black Beans)

1	pound	black beans	}	Wash. Then, cover with water so water just covers beans and soak overnight. Add water as needed to keep beans covered.
3	cloves	garlic	}	Add to the beans. Cook for 2 – 3 hours, or until beans are tender. Or cook on high for approximately 4 hours in a slow cooker.
2	tsp	salt		
½	pound	chorizo, prepared as directed above		

Chiles Verdes con Nopalitos ***(Green Chile with Cactus)***

4	pounds	boneless pork roast	}	Cut pork into strips, then sauté in oil until golden brown. Remove from pan, but save the oil.
½	cup	oil		
2		large paddles nopalitos (cactus), fresh or canned (1 cup diced)	}	Scrape off all needles (if fresh), then dice.
2	cups	boiling water		
½	tsp	salt	}	Add nopalitos to the water and blanch for three minutes, then remove and strain.
2		jalapeños, minced		
3	cloves	garlic, minced	}	Sauté with nopalitos in pork drippings for 1-2 minutes, then add pork and simmer 20 minutes longer.
8		Anaheim chiles, cooked, peeled, and chopped (or 8 oz canned)		
16	ounces	canned tomatoes, chopped (or 8 fresh tomatoes, blanched, peeled, and chopped)		
½	bunch	cilantro, minced		
		salt, to taste	}	Add to pork, stir, and serve.
		ground black pepper, to taste		

Lumas ala Mistara

This recipe is from Chef Fredrico at the San Insidro Country Club.

4	pounds	boneless pork loin centers	}	Sprinkle salt and pepper over pork. Bake at 350°F approximately 60-80 minutes. Allow to cool, then slice into thin slices.
		salt		
		ground black pepper		
4		onions, chopped	}	Sauté onion, garlic, and cucumber in butter until onions and garlic are transparent.
½	bulb	garlic (10-15 cloves), minced		
4	cups	cucumber, chopped		
½	stick	butter (4 TBSP)		
¼	cup	white wine	}	Combine, then add to onion, garlic, and cucumber and simmer for 5 minutes.
4	TBSP	prepared yellow mustard		
4	cups	pork broth	}	Add to skillet and simmer 5 minutes longer. Blend in a blender until smooth. Pour half of the mixture into a baking dish. Lay pork slices into dish, and pour remaining mixture over pork. Heat in oven until hot and serve.

Chicken

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Chicken Mole

3		chile Ancho or Pasilla	}	Stem and seed. Toast on dry skillet at medium-low heat until pliable. Then simmer in 1 quart water until tender. Set aside to cool. (Do NOT discard liquid!)
2		chile California		
2		chile Guajillo		
2		chile Negro		
2		chile de Arbol		
1/4	cup	sunflower seeds	}	Toast fry in dry skillet at medium high until onions are browned but not limp (aproximately 4–6 minutes). Blend with cooked chiles (save the liquid!) in a blender. Set aside.
1	cup	peanuts or almonds		
2		tomatoes, cut into chunks		
1		onion, cut into chunks		
4	cloves	garlic		
2	sticks	cinnamon	}	Crush in molcajete or clean coffee grinder. Set aside.
1		clove (or 1/4 tsp ground)		
8		black peppercorns		
2	TBSP	cumin seeds		
10		chicken breasts or thighs	}	Cover with water. Boil until tender. Save the stock. Set aside chicken to cool, then skin and bone and shred. Place the chicken in a skillet over medium heat and add the contents of the blender and 3 TBSP of crushed spices from the molcajete.
4	cloves	garlic		
3		bay leaves		
10	strands	Spanish saffron		
3	TBSP	grated Ibarra chocolate		Add to the chicken and stir.
3	TBSP	Mole Bueno	}	Pour liquid from chiles saved in the first step into the blender to wash out remainder of blended ingredients. Add Mole Bueno and Chicken Base and blend briefly. Cook until slightly thick, then add to the chicken.
3	TBSP	Knorr's Swiss chicken base		
			}	Add to cooking chicken.
1	TBSP	cider vinegar		
			}	Simmer a long time (minimum 4 hour) – the longer, the better. Add more liquid as necessary as the chicken cooks.

Rosemary's Peanut Butter Mole

12		chicken breasts	}	Cover with water and bring to a boil (approximately 25 minutes). Remove chicken when done (save the stock). Skin, bone, and shred the chicken.
3	cloves	garlic		
¼	cup	peanut oil	}	Sauté in cast iron skillet.
½		onion, chopped		
3	cloves	garlic, minced		
2	TBSP	flour	}	Add to skillet and stir with a whisk over medium heat for approximately 2 minutes to form a smooth roux.
¼	cup	ground Pasilla chile	}	Add to skillet and stir with a whisk until smooth. Add 2 cups chicken stock and stir until it is smooth and begins to thicken.
¼	cup	ground California chile		
½	cup	crunchy peanut butter	}	Add to the mole and stir until smooth. Serve over chicken.

Pollo en Fruta (Chicken in Fruit)

2		dry New Mexico chiles or chiles Negro	}	Seed and vein chiles. Toast until pliable in dry skillet, then cover with water and boil until tender. Set aside chiles and water to cool.
2		chile Negro		
2		chile Guajillo		
6		chicken breasts	}	Sauté chicken on all sides until brown and thoroughly cooked through; then set aside.
½	cup	oil		
2		tomatoes, quartered	}	Toast in dry skillet. Place in blender with the chiles and ¼ cup of the chile water. Blend until a paste forms, then return it to the skillet. Use some of the chile water to clean out the blender, and add this to the skillet.
½		onion, quartered		
3	cloves	garlic		
1	TBSP	sesame seeds		
½	stick	cinnamon (or ¼ tsp ground)	}	If using whole spices, grind the spices. Crush bouillon cubes. Add to the paste and let simmer for 10 minutes, stirring constantly. Pour over chicken.
1		clove (or ¼ tsp ground)		
1	tsp	cumin seed (or 1 tsp ground)		
¼	tsp	oregano leaf or ground		
2		Knorr's Swiss bouillon cubes		
½		fresh pineapple	}	Cut into chunks. Place over chicken. Bake at 350°F for 45 minutes.
2		plantains (or bananas)		
1		apple		

Chicken in Walnut Sauce

6		chicken breasts, halved	}	Cook until tender. Skin and bone the chicken. Save the broth.
2	cloves	garlic		
2	tsp	salt		
4	quarts	water		
1		chile Negro	}	Boil until soft. Remove from skillet, saving oil. Seed and stem. Place in a pot with 14 cups water and boil until tender. Set aside chiles and water to cool at least 5 minutes.
2		chile Guajillos		
2		chile Pasilla (Ancho)		
1		chile de Árbol		
2	TBSP	peanut oil	}	Sauté in skillet on medium heat for 10 to 15 minutes. Blend with chiles and water in a blender until texture is coarse. Simmer in a skillet for 5 minutes.
4		tomatoes, quartered		
½		onion, quartered		
2	cloves	garlic, peeled		
2	cups	shelled walnuts		
6		black peppercorns	}	Crush in molcajete or mortar and pestle or use ground spices. Add to sauce. Also, add 2 cups of the chicken broth.
2	cloves	garlic		
½		cinnamon stick		
½	tsp	oregano		
1	tsp	cumin		
2		Knorr's Swiss chicken bouillon cubes	}	Add to sauce and simmer 30 minutes. (Can simmer longer, but keep adding water.)
1	tsp	Mole Bueno (optional)	}	Add to sauce to season. Pour over chicken and serve with the following sauce.
1	cup	walnuts	}	Grind and blend together in a blender. Serve in a bowl with the chicken. Can also be served over Chile Stuffed with Chicken.
1	pound	cream Cheese		
1	cup	whipping Cream		
1	tsp	nutmeg		

Chicken Chimichangas

1		medium whole chicken	}	Boil until tender. Remove from water. Save 6 cup of stock. Debone and shred chicken.
3		Anaheim chiles, chopped	}	Combine with shredded chicken and stir over low heat until mixed and warm.
1		onion, chopped		
2		tomatoes, chopped		
1	tsp	fresh cilantro, chopped		
3/4	cup	chicken stock		
2	TBSP	slivered almonds		
2	TBSP	raisins		
12		flour tortillas	}	Lightly oil skillet and toast tortillas until slightly warm.

Scoop mixture onto center of tortillas and fold tortillas like an envelope over the mixture (first fold the left and right sides over the mixture, then fold the bottom up and the top down). Fasten closed by pinning with toothpicks from top to bottom, one on the right side and one on the left side. Return them to the skillet and fry until golden brown on both sides.

Serve with salsa, and top with sour cream and/or guacamole.

Chicken Tamales

2		large chickens	}	Cover the chickens with water and add other ingredients. Cook until chicken is tender, adding water as needed. When chicken is cooked, remove from pot and shred it. Strain the broth and reserve for the masa.
1/2	cup	ground red chile		
6	cloves	sliced garlic		
2	TBSP	cumin		
1	TBSP	Knorr's Swiss chicken base		
1	TBSP	black pepper		
1/3	cups	manteca (lard or shortening)	}	Mix together.
4	cups	masa harina		
1	TBSP	Knorr's Swiss Chicken Base		
2 3/4	cups	broth from chicken		
		corn husks		Soak in water for at least 15 minutes.

Spread 3 TBSP masa mix on each husk. Top with 2 TBSP chicken and fold the tamales. Steam tamales as directed on page 34. While tamales are at their best when served hot and fresh, they also freeze very well when properly wrapped. They may be reheated in a microwave oven or steamed in a vegetable steamer until warm.

Chiles Rellenos with Chicken or Cheese

Chicken Filling

3		chicken breasts (6 halves)	}	Boil, remove skin and bones, shred.
½		onion		
2	cloves	garlic		
½		onion, chopped	}	Sauté in oil until onion and garlic transparent.
2	cloves	garlic, minced		
1		jalapeño, chopped		
3	TBSP	sunflower seeds	}	Add to onion and garlic. Also add shredded chicken to onion and garlic. Continue to heat until warm, but do not cook. Set aside.
		salt		
		black pepper		
¼	tsp	cumin		
	pinch	oregano		
½	cup	Anaheim chile, chopped		

Cheese Filling

Jack cheese	Cut into strips ¼ x ¾ x 3 inches. Set aside.
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Salsa

1	cup	onion, chopped	}	Sauté in oil.
1	TBSP	garlic, chopped		
1 ½		jalapeño, minced	}	Add 1 cup of juice from canned tomatoes and remaining ingredients to onion and garlic and simmer. Set aside.
4	cups	canned tomatoes, diced		
1	TBSP	ground cumin		
1	can	chopped green chiles (4 oz)		
½	TBSP	salt		
½	tsp	black pepper		

Chiles

10	Poblano or Anaheim chiles	}	Toast fry in hot oil (6 inch deep) until blistered all around. Remove from oil and place in cold water. Peel off the skin and discard. Cut a little slit near top. Set aside.
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Batter

9	eggs	Beat until stiff (30 minutes).	
¼	tsp	baking powder	Add to eggs and beat in.
½	cup	flour	} Stop machine, add flour, beat until mixed (no more than 30 seconds!)

To each chile (one at a time), add filling (chicken or cheese), dip into batter, and then immediately toast fry in 6 inch hot oil. If batter breaks while frying, reseal with more batter. Serve with salsa.

Pollo Guisado (Chicken Stew)

6		chicken breasts, cut into chunks	}	Fry in a skillet until cooked through. Remove chicken (save drippings) and discard skin and bones.
4	TBSP	peanut oil		
10		tomatoes, chopped	}	Add (one at a time) to skillet with chicken drippings and simmer for 20 minutes. Add boned chicken, cover with sauce, and simmer 10 minutes longer.
1		small onion, chopped		
2	cloves	garlic, chopped		
2	tsp	cumin		
1	tsp	salt		
½	tsp	black pepper		
2		Knorr's Swiss chicken bouillon cubes, or 1 TBSP chicken base		
1	can	canned tomatillos (7 oz) (or 4 fresh tomatillos), chopped		
2		Anaheim chiles (canned), chopped		
1	cup	water		

Barbequed Chicken

24	pieces	chicken	}	Mix. Rub into chicken and pour over chicken, then marinate for 24 hours. Barbeque outdoors or bake for one hour at 350°F. Serve with corn tortillas and rice.
6	cloves	garlic		
1	tsp	oregano		
1	tblsp	cumin		
6		black peppercorns		
½		cinnamon stick, ground		
¼	tsp	clove		
2	TBSP	cider vinegar		
½	cup	ground red chile		
1	cup	water		

Relleno de Naranja para Pollo (Orange Stuffing for Chicken)

3	cups	toasted bread crumbs	}	Combine all ingredients in large mixing bowl.
½	cup	orange juice		
¼	tsp	grated orange rind		
1	cup	chopped celery		Stuff your chicken and bake as usual.
½	cup	minced onion		
½	cup	minced cilantro		Or, place stuffing in a greased baking dish and bake for 45 minutes at 350°F.
¼	cup	butter (½ stick), melted		

Pollo Machacado en Pipián

6		chicken breasts, halved	}	Cook until tender. Skin and bone the chicken. Save the broth.
2	cloves	garlic		
1	TBSP	salt		
4	quarts	water		
1		chile Negro	}	Remove seeds and stem. Place in a pot with 4 cups water and boil for 5 minutes. Set aside chiles and water to cool at least 5 minutes.
2		chile Guajillos		
2		chile Pasilla (Ancho)		
1		chile de Árbol		
¼	cup	peanut oil	}	Toast in skillet on medium heat until sesame seeds are light brown. Place in blender with chiles and 1 cup of the water used to boil the chiles, and blend until texture is coarse. Place in a skillet and simmer for 5 minutes.
4		tomatoes, quartered		
½		onion, quartered		
2	cloves	garlic, peeled		
1	TBSP	sesame seeds		
2	TBSP	almonds		
½	slice	French bread, broken in pieces		
	or			
1		corn tortilla, broken in pieces		
6		black peppercorns	}	Crush in molcajete. Add to sauce. Also, add 2 cups of the chicken broth.
2	cloves	garlic		
½		cinnamon stick (or ¼ tsp ground)		
½	tsp	oregano		
1	tsp	cumin		
2		Knorr's Swiss bouillon cubes (or 1 TBSP Knorr's Swiss chicken base)	}	Add to sauce and simmer 30 minutes. (Can simmer longer, but keep adding water)
1	tsp	Mole Bueno (optional)	}	Add to sauce to season. Spoon sauce over chicken and serve with rice. Serve with Torres or Canchales (Spanish white wine).

Pollo a la Navarresa

During the 16th and 17th centuries, Spanish foods had a strong influence on the Mexican people. Many Mexicans realized the potential of these new spices and ingredients. They mixed and matched with the native foods and came up with new and interesting dishes.

Many Mexicans and Indians served as cooks for the wealthy Spaniards. The combinations born from such crosses of culture were astounding.

Though Spanish food is highly seasoned in its own right, it doesn't compare with the powerful Mexican punch. Quite a few Spanish dishes are bland. Like most European cooks, the Spanish were corrupted by the French.

Much of the Spanish cooking is done with olive oil rather than Manteca (lard) as is most Mexican food. Its basic seasoning comes from garlic, onion, and chili, similar to Mexican food, but other flavors are often used that seldom see the inside of a Mexican stomach. Bell peppers, paprika, and pimientos often turn up. Ham also appears as a frequent flavoring in the Spanish dish. The paprika should be Hungarian, or at least be stronger than the usual store bought brand. The inferior quality is called "arena," (sand) by the Spanish. Spanish dishes usually mix many ingredients in one dish. This recipe is from the province of Navarro.

1		whole chicken	}	Season the chicken with salt and fry in a large skillet with oil, turning chicken at all times until it begins to turn a golden brown.
1	tsp	salt		
½	cup	olive oil		
½	TBSP	tarragon	}	Add and continue cooking until chicken is half done. Transfer chicken and oil to a deep casserole dish.
1	oz	butter (¼ stick)		
8	oz	slice of ham	}	Add to casserole and cook at 350°F until tender. Remove chicken and ham and place on a platter.
2		carrots, chopped		
1		medium onion, chopped		
½	cup	white wine		
2	cups	chicken stock		
3	TBSP	flour	}	Add to juices in casserole to thicken. Pour the sauce over the chicken and ham and slice to serve.

Arroz con Pollo (Chicken with Rice)

10	breasts	chicken	}	Place in a stock pot, cover with water, and cook until chicken is done. Remove chicken and set aside the stock. Allow chicken to cool, then shred chicken and set aside.
6	strands	Spanish saffron		
4	cloves	garlic		
4		bay leaves		
6		plum tomatoes		Blanche, peel, and dice. Set aside.
1		onion	}	Cut in half, then cut each half into quarters. Separate the layers, and cut the larger pieces into 4 inch squares. Set aside.
1	pound	bacon	}	Cut into one-inch lengths. Fry in a 10-quart sauce pan until done. Remove and set aside bacon, but leave the fat in the pan.
6	cloves	garlic, minced	}	Sauté with onion in bacon fat. Remove from pan and drain, saving the bacon fat. Rinse the pan, then return the bacon fat to the pan. Set aside the garlic, onion, pepper, and celery.
		green (bell) pepper, cut into 4 inch squares		
1	stalk	celery, chopped		
4	cups	long grain white rice, washed	}	Add oil to bacon fat and heat until hot. Add rice and sauté, stirring constantly, until golden brown. Add tomato and stir into rice. The add garlic, onion, pepper, and celery, and stir into rice. Finally, add 8 cups of chicken broth, cover, and steam until all liquid is absorbed.
1/2	cup	peanut oil		

Chicken Durango

Durango is a city and a state in central Mexico.

1	whole	chickens, cut into eights	}	Place in 9 x 13 pan and marinate in refrigerator for 24 hours, turning once.
1/4	cup	chablis		
1/4	cup	rosé		
1/8	cup	cooking burgundy or muscatel		
1	clove	garlic, cut into thin slices	}	Place over chicken. Cover the baking pan with aluminum foil and bake at 350°F for 45 minutes to one hour, until chicken is done.
1/8	cup	chopped onion		
1/2	tsp	tarragon		
1/4	tsp	oregano		
1/2	tsp	ground black pepper		
2		Anaheim chiles, cooked, peeled, and sliced into strips.		
1	TBSP	cider vinegar		
1	TBSP	olive oil		

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Pescado en Salsa Verde (Fish with Green Sauce)

1	pound	fresh tomatillos	}	Shell. Boil in water until tender (approximately 15 minutes). Blend tomatillos with 4 cup of the water. Set aside tomatillos and remaining water.
1/2		onion, chopped	}	Sauté in large skillet.
3	cloves	garlic, minced		
1/4	cup	oil		
6		Anaheim chiles, chopped	}	Add to skillet and continue cooking.
2		red or green jalapeños, chopped		
5		green onions, chopped	}	Add to skillet. Add blended tomatillos to skillet. Add additional water from the tomatillos as the sauce cooks.
2	TBSP	capers, drained	}	Add to skillet and continue cooking.
1	TBSP	salt		
1	stick	cinnamon	}	Crush in molcajete. Add to skillet and continue cooking.
2		cloves		
9		black peppercorns		
1	TBSP	cumin seed		
1	TBSP	oregano		
1/2	bunch	cilantro, chopped		Add to sauce just before serving.
10		egg whites		Beat until stiff.
10		egg yolks		Beat until dark yellow. Fold into beaten egg whites.
8		fish steaks, 6 oz each (halibut or white cod filet)	}	One at a time, dip fish steaks into flour; then into eggs, then toast fry in 6 inch oil until golden brown. Place on baking sheet.
1/2	cup	white flour		
1	cup	sour cream	}	Spoon salsa onto fish. Spoon 2 TBSP sour cream onto each fish steak. Sprinkle 2 TBSP grated cheese onto each fish steak. Bake at 350°F for 10 minutes. Serve with remaining salsa.
8	oz	queso fresco or farmer's cheese, grated		

Paella for 12

6		black peppercorns	}	Crush in molcajete.
1	tsp	oregano		
½	tsp	thyme		
2		chicken breasts	}	Add crushed pepper, oregano, and thyme, and bring to a boil; boil for 45 minutes. Remove and bone chicken, cut into chunks, and set aside. Save 12 cups of the chicken broth (the remainder is not used in this recipe).
6	quarts	water		
3	cloves	garlic, minced		
½	cup	chopped onion		
12	strands	Spanish saffron		
1		bay leaf, whole		
1	stalk	celery, chopped fine		
1		carrot, chopped fine		
1		onion, minced	}	Sauté in oil and butter until soft.
1		green pepper, chopped		
2	TBSP	cilantro or parsley, minced		
1		clove, ground	}	Add to Onion, Pepper, and Cilantro.
	dash	nutmeg		
1	tsp	lemon or lime juice		
2	cups	boiling water	}	Add to above mixture, cover, and steam for 10 minutes.
1	pound	mussels (aprox 20)		
1 ½	pound	butter clams (aprox 30)	}	Add to above, cover, and steam until shells open (10 min). Remove mussels and clams; save broth. Shell mussels, remove tendrils, dice, and set aside. Set aside clams in shells.
3		chicken bouillon cubes	}	Add 12 cups chicken broth, bouillon, saffron, and cumin to the seafood broth and set aside for rice.
18	strands	Spanish saffron		
1	tsp	ground cumin		
6	cups	rice, washed	}	Sauté until golden brown. Add broth to rice and steam covered on low.
2	cups	peanut oil		
1	pound	Polish (Kielbasa) sausage		Slice thinly and fry. Set aside.
4		green onions	}	Chop finely and set aside.
1	bunch	cilantro or parsley		
2 ½	pound	halibut steaks, skinned and cubed		Sauté in oil just before serving.
1	pound	large shrimp, cleaned and cut into thirds	}	Sauté in oil just before serving.

Layer Rice, Sausage, Rice, Halibut, Rice, Chicken, Rice, Mussels, Rice, Shrimp, Rice, Chopped Green Onions and Cilantro, with Clams in Shells on top.

Pescado en Naranja (Halibut in Oranges)

Seafood is very common in Mexico. In the coastal regions, fish is cooked with many different flavors or just plain. This is a wonderfully light and tasty dish, especially served with yellow rice. Although the small almost green orange is the best cooking orange, they are rarely found in the Northwest, so substitute navel oranges.

6 halibut filets
3 navel oranges
1 clove garlic, minced
½ tsp oregano
½ tsp black pepper

} Lay the fish in a baking dish. Cut the oranges in half and squeeze the juice over the fish. Sprinkle the garlic, oregano, and pepper over the fish, then lay the orange skins over the fish, fleshy side down. Cover with foil and bake for approximately 15 to 20 minutes at 350°F until the fish will flake.

Camarones Fritos (Fried Shrimp)

½ clove garlic, minced
¼ jalapeño, minced
¼ cup peanut oil

} Sauté.

12 prawns in the shell
¼ tsp black pepper
¼ tsp cumin

} Add to skillet and fry until the shrimp turns pink (3 to 5 minutes). Remove and serve in shell with rice.

Chiles Verdes Rellenos con Pescado (Green Chiles Stuffed with Fish)

1 tomato, chopped fine
¼ onion, chopped fine
¼ clove garlic, minced
⅛ jalapeño, minced
1 pound tuna in water
½ tsp salt (or to taste)
¼ tsp black pepper (or to taste)

} Combine and mix well.

6 Anaheim chiles
peanut oil

} Fry in ¼ inch peanut oil until a white crust appears, turning while frying. Be careful of splattering hot oil. Then, drop the chiles into ice water and allow to cool. Peel off and discard the white crust. Cut a small slit in each chile. Remove the seeds. Stuff with tuna.

lettuce, spread on platter

Lay the stuffed chiles on the lettuce.

½ cup grated cheese (Jack, farmer's, or mild cheddar)

} Sprinkle on the stuffed chiles.

Shrimp and Cheese Enchiladas

2½	sticks	butter (12 cups)		Clarify, then set aside.
3	TBSP	chopped onions	}	Sauté in 2 TBSP of clarified butter until transparent. Remove from heat before onion and garlic brown.
1	TBSP	minced garlic		
¾	cup	flour	}	Slowly add to remaining clarified butter over low heat to make a roux.
¾	cup	masa harina		
1	quart	milk (whole or low fat)	}	Slowly stir into flour and masa mixture and stir until smooth.
1	TBSP	Knorr's Swiss chicken base	}	Dissolve chicken base in hot water.
4	cups	hot water		
2	TBSP	ground cumin seed	}	Mix with hot water and chicken base, then slowly add to the flour and masa mixture while stirring. Also add sautéed onion and garlic.
1	TBSP	grated parmesan cheese		
¼	cup	white wine		
1	tsp	chopped boiled jalapeños		
1	tsp	ground black pepper		
1	TBSP	capers		
10		green olives with pimientos, sliced		
18		corn tortillas	}	On each tortilla, place some shrimp, then some grated cheese, then some eggs. Roll the enchiladas and place open side down in two rows on a 9 x 13 inch baking tray. Scoop sauce over them.
1	pound	small cooked shrimp		
3	cups	grated cheese (cheddar and Jack)		
4		hard boiled eggs, diced		
1		Anaheim chile, cooked and peeled and cut into strips	}	Lay a strip of chile and a slice of avocado over each enchilada. Top with grated cheese, a dab of sour cream, and a sprinkle of paprika. Bake at 350°F until cheese melts.
1		avocado, sliced		
¾	cup	grated cheese (cheddar and Jack)		
½	pint	sour cream		
		paprika		

Ceviche de Camarón (Marinated Shrimp)

Ceviche is often made using uncooked seafood. Marinating the seafood for four hours or longer in lemon or lime juice produces an effect similar to cooking, but there is still a risk of illness if the seafood is not properly prepared. This recipe uses cooked shrimp, and therefore does not require lengthy marination.

1	pound	medium or large cooked shrimp	}	Marinate the shrimp in the lime juice for 30 minutes in a non-metallic bowl, stirring periodically.
½	cup	fresh lime juice		
½		onion, minced	}	Mix with shrimp.
2	cloves	garlic, minced		
1	stalk	celery, chopped		
1		jalapeño, minced		
1		tomato, chopped		
		salt, to taste		
		ground black pepper, to taste		

Pescadillas

Regina obtained this recipe from La Bochana, a restaurant in the town of Zihuatanejo, Mexico.

¼	head	red cabbage	}	Shred and combine. Spread over a 9 x 13 inch baking sheet or serving platter.
½	head	white cabbage		
2		tomatoes	}	Cut each tomato in half, then slice thinly. Arrange the sliced tomatoes in a row down the center (the long way) of the serving platter, over the cabbage.
1	bunch	green onions, minced		
1	bunch	cilantro, minced	}	Sprinkle over the slice tomatoes.
1	cup	sour cream	}	Mix well. Pour over the center of the line of sliced tomatoes.
¼	cup	milk		
12	balls	masa dough, prepared according to corn tortilla recipe (page 6)	}	Press each ball to form a raw tortilla.
1	pound	chihuahua or Jack cheese, grated		Spread cheese over ½ of each raw tortilla.
12	jumbo	prawns or shrimp, cooked	}	Lay a prawn in the center of the cheese on each tortilla, with the tail extending out over the edge of the tortilla. Fold the tortilla over the cheese and prawn, and toast fry in hot oil until golden brown. Place in rows on each side of the row of tomatoes.
				Serve with salsa cruda (uncooked salsa). To eat, pinch off the tail of the shrimp, and place some cabbage and tomato inside. Serve with Saffron Rice with Bananas.

Pescado Blanco (White Fish)

Regina obtained this recipe from Chef Francisco of the Hotel Irma in the town of Zihuatanejo, Mexico.

1		whole halibut or other white fish (6–10 pounds)	}	Remove head and tail. Split lengthwise from top to bottom. Clean and bone, then place on baking tray with inside facing up.
2	sticks	butter (1 cup), melted	}	Combine. Baste top (inside) of fish.
2	cloves	garlic, minced		
5	TBSP	lemon juice (juice of 2 lemons)		
1	tsp	ground black pepper		
1	tsp	ground cumin seed		
2	TBSP	white vinegar	}	
1	cup	mayonnaise	}	Spread over top (inside) of fish. Bake at 350°F until fish is flakey (approximately 15-25 minutes).
1–2		tomatoes	}	Slice medium-thin and lay attractively over fish. Serve with Ensalada de Arroz (Rice Salad).

Crabmeat Chiles Rellenos

3		fresh tomatillos	}	Place in saucepan, cover with water, and simmer until tomato skins split. Remove from water (save the water). Peel the tomatoes and remove the stems from the chiles. Blend the ingredients with the water and place in a cast iron skillet.
1		jalapeño		
1		chile Serrano (or jalapeño)		
3		tomatoes		
3	cloves	garlic	}	Add to the skillet and simmer for 10 minutes.
2		bay leaves		
1/3	cup	masa harina	}	Combine to form a paste.
1/2	cup	water		
12		Poblano or Anaheim chiles	}	Toast fry and peel. Make a 1-2 inch slit near the top and remove the seeds.
1		potato, diced and fried	}	Combine, then stuff chiles.
1	pound	cooked crabmeat		
1	TBSP	uncooked chopped celery		
1	TBSP	chopped jalapeño		
1	tsp	chopped serrano chile		
1	clove	garlic, minced		
1		green onion, chopped		
1		tomato, seeded and chopped		
2	TBSP	slivered almonds		
1	tsp	salt		
1/2	tsp	ground black pepper		
1	tsp	ground cumin seed		
6		eggs		Beat until stiff.
			}	Combine. Add to eggs and beat 30 seconds more (no longer, or eggs will fall).
4	TBSP	flour		
1/2	tsp	baking powder	}	Dip each stuffed chile in egg batter, then toast fry until golden brown. If batter breaks, use a spoon to drop a small amount of additional batter over the chile. Pour a little sauce over the chiles and serve immediately.

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Coliflor en Salsa (Cauliflower in Sauce)

1	head	cauliflower	}	Steam until barely tender. Gently break off buds and set aside.
6		egg		Beat the eggs until as stiff as possible.
1	tsp	baking powder	}	Add to eggs. Beat for 30 seconds more.
1	tsp	salt		
2	TBSP	flour	}	Add to eggs. Beat for 30 seconds, no more!, until just mixed.
1	cup	peanut oil	}	Dip cauliflower into egg mixture and toast fry in oil until golden brown. Drain on paper towels.
1/2		onion, chopped	}	Fry for 3 minutes on medium heat.
2	cloves	garlic, minced		
2	TBSP	peanut oil		
2		tomatoes, chopped		Add to skillet, fry 5 minutes more.
1	tsp	ground cumin	}	Add to skillet. Let simmer for 10 minutes.
3		green chiles, chopped, or 1 can chopped green chiles		
1/2	tsp	black pepper		
1	cup	hot water	}	Add to skillet, stir well, and simmer until everything is combined. Pour over cauliflower.
2		Knorr's Swiss chicken bouillon cubes		
1/2	cup	grated cheddar cheese	}	Sprinkle over cauliflower. Bake at 350°F for 10 minutes, and serve.

Zucchini may be used instead of cauliflower, except that the zucchini is cut into 2 inch wide slices, and zucchini fries more quickly than cauliflower. Use small tender zucchini.

Guacamole

3		avocados, mashed	}	Combine.
1	cup	tomatoes, chopped		
1/4	cup	chopped Onion		
	dash	garlic salt		
	dash	black pepper		
1/4	cup	salsa	}	
1		avocado pit		Leave in Guacamole to prevent it from turning color.

Avocado Stuffed with Nuts and Fruit

2		avocados	}	Cut avocados in half. Scoop out enough avocado to make 4 cup diced (leaving a large bowl in each half).
1	TBSP	pumpkin seeds		
1	TBSP	sunflower seeds	}	Mix with diced avocado, and fill the bowls in the avocado halves. Chill. Serves 4.
3	TBSP	chopped walnuts		
1		apple, chopped		
½	cup	chopped pineapple		
1	TBSP	grated coconut		
½	cup	mayonnaise		

Avocado and Nopalitos

4		avocados, mashed	}	Mash all ingredients together. Serve as an appetizer with chips or at dinner as a salad.
		juice of 1 lemon		
1	clove	garlic, minced		
2		tomatoes, chopped		
½		onion, chopped		
1		jalapeño chile, chopped		
½	cup	chopped nopalitos (prickly pear cactus leaves) with thorns removed before chopping		
1	can	canned tomatillos (7 oz), chopped, optional		
1	tsp	salt		
½	tsp	black pepper		
¼	tsp	cumin		

Berenjenas Rellenas (Stuffed Eggplant)

1		eggplant	}	Cut the eggplant in half lengthwise and blanch in boiling water for 10 minutes. Remove and save pulp, being careful not to break the skin.
2		tomatoes, chopped		
1		onion, chopped	}	Sauté chopped eggplant pulp, tomato, onion, and chicken in butter.
½	cups	boiled chicken, shredded		
½	cup	butter (1 stick)		
½	bunch	cilantro, chopped	}	Add to above mixture and cook until onion is transparent. Remove from heat and fill eggplant halves with mixture
½	tsp	cumin		
		salt, to taste		
		black pepper, to taste		
2	TBSP	grated parmesan cheese		Sprinkle over eggplant. Bake at 350°F for 15 minutes.

Calabaza en Queso (Squash in Cheese)

1/2		large white onion, minced	}	Sauté in large skillet.
2	cloves	garlic, minced		
3/4	cup	oil		
1		Anaheim chile, minced	}	Add to skillet and sauté.
1		jalapeño, minced		
3		medium tomatoes, chopped		Add to skillet and sauté.
4		zucchini, sliced thin		Add to skillet, and sauté until zucchini is cooked.
1/2	tsp	oregano	}	Add to skillet.
1/2	tsp	ground Cumino (Cumin)		
		salt and black pepper to taste		
1/2	cup	Jack cheese, shredded	}	Sprinkle on top. Serve when cheese is melted.
1/2	cup	cheddar cheese, shredded		
1	TBSP	Parmesan cheese, shredded		
1	TBSP	Romano cheese, shredded		

Green Chile in Cream Sauce

1/2	cup	peanut oil	}	Sauté in cast iron skillet.
2	cups	chopped onion		
2	cloves	garlic, minced		
6		Anaheim chiles	}	Wash, cut in half, remove seeds, and cut into 1 inch strips. Add to skillet.
4	cups	diced (4 inch) potatoes	}	Add to skillet and cook until potatoes are almost done (approximately 20 minutes).
1	tsp	salt, or to taste		
1/2	tsp	black pepper, or to taste		
1	pint	whipping cream	}	Add to skillet and simmer over low heat approximately 10 minutes longer. Do not stir.
1	tsp	nutmeg		Sprinkle over potatoes and stir.

Chile Verde con Queso ***(Green Chile with Cheese)***

1		small onion, chopped	}	Sauté onion and garlic for 5 minutes.
2	cloves	garlic, chopped fine		
3	TBSP	peanut oil		
2		large tomatoes, chopped	}	Add to skillet and simmer for 5 minutes.
4		tomatillos, chopped		
½	tsp	black pepper	}	Add to skillet and simmer for 5 minutes more.
1	tsp	cumin		
1		Knorr's Swiss chicken boullion cube, crushed		
2		Anaheim chiles, sliced in long strips	}	Add to skillet. Remove from heat when cheese melts. Serve with beans, rice, and tortillas.
½	pound	Jack cheese, sliced into 4 x 2 x 2 inch strips		

Corn with Green Chile and Cheese

¼	cup	oil	}	Sauté in large skillet.
½		onion, chopped fine		
3	cloves	garlic, minced		
2		Anaheim chiles, minced		
2	pounds	frozen corn	}	Add to skillet. Bring to a boil and cook 3 minutes to scald milk. Transfer to a 9 x 13 inch pan.
1	cup	milk		
1	tsp	salt		
1	tsp	ground black pepper		
1	cup	grated cheddar cheese	}	Spread evenly over the corn.
1	cup	grated jack cheese		
		paprika	}	Sprinkle over cheese for color. Place pan in 350°F oven and heat until cheese is melted.
			}	Serves 12.

Vegetarian Pozole

An alternative recipe for pozole with pork appears on page 29.

2	TBSP	oil	}	Sauté onion for 1 minute. Add garlic and jalapeño and sauté for 1 minute longer.
¼		onion, diced		
4	cloves	garlic, diced		
1		jalapeño, chopped with seeds		
1	tsp	cumin	}	Add cumin, pepper, and chicken base or salt, and sauté until well blended.
1	tsp	Knorr's Swiss chicken base		
¼	tsp	ground black pepper		
4	ounces	diced green chiles (canned)	}	Add to mixture and combine.
	or			
2		Anaheim chiles roasted, peeled, and chopped		
10	ounces	Old El Paso green chile sauce	}	Add to mixture and combine. Simmer until sauce thickens.
25	ounces	hominy (1 large can)		
1	cup	water		Add water slowly, and continue to simmer until thick.

Turn off heat, and let pozole sit for 10 minutes before serving. Serve with rice, beans, and tortillas.

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Ensalada con Naranja y Cebolla ***(Orange and Onion Salad)***

3		large oranges, peeled	}	Slice thinly, then arrange in layers in a shallow bowl.
1		large red (Bermuda) onion		
1/2	cup	rosé wine	}	Mix well.
2	TBSP	wine vinegar		
1/2	tsp	dill weed		
1/2	tsp	tarragon		
1/2	tsp	salt		
1/4	tsp	sugar		
1/4	cup	olive oil	}	Mix with wine, vinegar, and spices. Pour over oranges and onions. Serve with Carne Guisada.

Avocado Salad for Six

1/2	head	iceberg lettuce		Shred. Place on a platter.
2		avocados, cut into 8 wedges	}	Alternate slices of avocado and tomato in a design on the lettuce.
2		tomatoes, cut into 8 wedges		
1	bunch	small green onions	}	Chop fine (use greens too) and sprinkle over the top of the salad.
1/2	cup	rosé wine	}	Mix. Pour over salad and serve.
1/2	oz	wine vinegar		
1/4	tsp	garlic salt		
1/4	tsp	black pepper		
1/4	tsp	dill weed		
1/4	tsp	tarragon		

Black Olive Salad

1	head	lettuce, shredded	}	Mix well, spread evenly over serving platter.
4		green onions, chopped		
1/4	bunch	chopped cilantro		
8		medium tomatoes	}	Chop very fine and mix; spread evenly over lettuce.
1	clove	garlic, chopped very fine		
2	cans	large pitted black olives		
1		large yellow onion		
2		jalapeños		
		sour cream		Spread thin layer over top of salad.

Fiesta Salad (American Mexican Salad)

This is excellent for a summer dish; it is quick, easy, tasty, and fun. It can be used with taco shells too, but the shells must be warmed before making the tacos.

1	package	taco sauce mix		Prepare according to directions.
2	pounds	ground beef		Combine with taco sauce mix and cook.
12	oz	tortilla chips or fritos	}	On a plate, stack chips or fritos, meat and sauce, lettuce, tomatoes, onions, cheese, olives, avocado, and jalapeño.
1	head	lettuce, shredded		
3		tomatoes, diced		
1		onion, chopped		
½	pound	cheddar cheese, grated		
1	can	chopped black olives		
1		avocado, sliced		
1		jalapeño, minced		

Pineapple-Banana Salad with Peanuts

1		fresh pineapple, cut into small chunks	}	Combine.
6		bananas, sliced		
1	cup	blanched peanuts or pecans		
2	oz	Myer's (Jamaican) rum		
1	cup	whipping cream	}	Whip. Add to fruit.
1	tsp	vanilla		
2	pieces	piloncillo (panocha)	}	Bring to a boil to melt sugar. Cool, then add to fruit.
⅓	cup	water		
		cinnamon		Lightly sprinkle over fruit and serve.

Christmas Salad

3		oranges, peeled and sectioned	}	Combine.
2		apples, peeled, cut in chunks		
2		bananas, peeled, sliced thickly		
16	oz	canned beets, cut in chunks		
1		fresh pineapple, cut in chunks		
2		pomegranates, seeds only (discard the rest)	}	Combine, sprinkle over other ingredients, and refrigerate.
1	cup	Spanish peanuts, without skins		
1	cup	mayonnaise	}	Combine. Pour over other ingredients, when ready to serve.
½	cup	half and half		
		nutmeg		Sprinkle on top.

Fruit Salad ala Mexicana

Every Latin American food variety, and especially Mexican, features a year-round abundance of fruit. In the markets of most Latin American countries, there appears an endless selection of colors, sizes, shapes, and flavors.

Though some fruit can be transported only a short way, pineapples, bananas, and coconuts are exported to the United States with no problems.

Even the poorest people in Mexico look upon fruit as a necessary part of their meals. Peasants' huts are apt to be surrounded by banana plants and papaya trees. The leaf of the banana plant is used to wrap foods before cooking them, and to cover barbeque pits while cooking meat. The fruit is cooked or eaten raw, depending upon the peasant's mood.

Papayas range in flavor from extremely sweet to tart. They are excellent for the digestive tract, and are handy for tenderizing meats.

Pineapples were cultivated by pre-Columbus Indians in the Carribean regions. A good Mexican pineapple is sweet. However, the ones we get are sent to us green and it is hard to find them at their peak. When you buy one, pluck some of the stem out of the top; if it comes out easily, then it is ripe.

Most of the tropical fruits will blend together well. Coconut adds a sweet nutty flavor and helps the flavors of the other fruits to blend.

1		fresh coconut	}	Open the coconut. Save the milk for the sauce. Grate 4 cup coconut for the salad.
1		ripe mango, diced	}	Mix together with grated coconut. Chill.
2		bananas, sliced		
1		fresh pineapple, peeled and cut into chunks		
1		red apple, diced		
2		oranges, peeled and cut into chunks	}	
1	oz	light rum	}	Combine, and pour over the fruit. Then, pour coconut milk over fruit.
2	TBSP	brown sugar		
¼	tsp	ground cinnamon		
1	pint	whipped cream		Serve over fruit.

Ensalada de Arroz (Rice Salad)

This recipe is also from Chef Francisco, and should be served with the Pescado Blanco.

4	cups	long grain white rice, rinsed	}	Cook until rice is done, then refrigerate until cold.
8	cups	water		
2	tsp	salt		
1/2	cup	chopped celery	}	Toss with chilled rice.
3	cloves	garlic, minced		
1	bunch	green onions, chopped		
1/2	bunch	cilantro, minced		
1/2	cup	cooked peas, optional		
1/2	cup	cooked carrots, diced, optional		
1	cup	mayonnaise	}	Combine with rice salad and mix well.
		salt, to taste		
		ground black pepper, to taste		

Soup

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Sopa de Albóndigas (Meatball Soup)

1	pound	beef, cut into chunks	}	Boil until meat becomes tender. Remove the meat (the meat is used only for flavoring the broth). The meat can be used in tacos or other recipes, or frozen for later use.
2	cloves	garlic, whole		
1	TBSP	ground Cumin		
1	tsp	oregano		
1	tsp	Mexican saffron (azafrón)		
½	tsp	crushed red chiles		
1	tsp	ground black pepper		
2	quarts	water		
1	TBSP	Knorr's Swiss tomato concentrate (tomate para sopas)	}	Add to broth.
6		black peppercorns	}	Grind in molcajete. Add one cup water and let stand for ten minutes, then add to broth.
2	TBSP	cumin seed		
4	cloves	garlic		
1		potato, diced	}	Add to broth.
1		carrot, diced		
1		jalapeño, minced		
¼	head	cabbage, chopped fine		
1 ½	pounds	ground beef	}	Combine.
2		eggs, beaten		
2	TBSP	minced onion	}	Combine with ground beef and eggs. Form into one-inch meatballs. Roll in flour, then fry in 4 inch oil until brown. Add to broth.
1	clove	garlic, minced		
½	tsp	thyme		
1	cup	ground tortilla chips (crushed in blender)		
⅔	cup	salsa cruda (uncooked salsa), optional	}	Taste the broth. If it is too bland, add salsa cruda or Knorr's Switss or both.
1		Knorr's Swiss beef bouillon cubes or 1 TBSP beef base, optional		

Peanut Soup

2	cups	shelled peanuts		Grind in blender, then transfer to skillet.
1	TBSP	brown sugar	}	Add to skillet and sauté until blended. Then, transfer to sauce pan.
1	TBSP	butter		
1	cup	water		Add to sauce pan. Simmer 5 minutes.
1	cup	water	}	Combine with other ingredients and simmer 10 minutes longer. Serve.
1	can	evaporated milk		
¼	cup	dry sherry		
½	tsp	nutmeg		

Lime Soup

3	quarts	chicken stock	}	Bring to a boil and simmer.
¼	tsp	Spanish saffron		
10		corn tortillas		Slice into 2 inch wide strips. Fry in 4 to 6 inch oil.
½		onion, chopped	}	Sauté in oiled skillet until onion is transparent.
2	cloves	garlic, minced		
4		Anaheim chiles, chopped		Add to skillet and sauté 3 minutes.
3		tomatoes, chopped	}	Add to skillet and sauté 3 minutes more. Then, add to chicken stock.
½	stick	cinnamon or ¼ tsp ground	}	Grind in molcajete or mortar and pestle. Add to stock and let simmer.
1		clove or ¼ tsp ground cloves		
1	tsp	cumin		
4		black peppercorns		
1		lime	}	Cut in half. Squeeze juice into stock, then throw in rind.
1	TBSP	Knorr's Swiss Chicken Base		Add to stock.
1		lime	}	Slice thinly. Add half the slices to the stock 10 min before serving. Serve the remaining slices along with fried tortilla strips and soup.

Cold Avocado Soup

4	TBSP	butter	}	Heat and mix together over low heat (don't allow it to turn brown).
4	TBSP	flour		
4	cups	chicken Stock	}	Add to flour and butter; heat slowly until steaming.
1	tsp	salt		
1	tsp	black pepper		
6		avocados, mashed		Add to stock, remove from heat, mix.
1		tomato, peeled and chopped		Add to stock.
1	TBSP	chopped garlic	}	Sauté garlic in butter; fold into broth. Chill.
1	TBSP	butter		
4	TBSP	chopped onion	}	Garnish soup with onion and sour cream and serve.
1	cup	sour cream		

Green Tortilla Soup

2	cloves	garlic, minced	}	Sauté in oil until transparent.
½	cup	chopped onion		
3		Anaheim chiles, peeled and chopped		
1		jalapeño, minced (use only if chile Chipotle can not be obtained for use below)		
4		tomatillos (1 small can)	}	Liquify in blender, add to Garlic, Onion, and Chiles. Cook 15 minutes.
12	cups	chicken broth, prepared as directed in Paella recipe	}	Combine with above ingredients. Let simmer.
1		tomato, chopped	}	Add to broth and let simmer.
½	tsp	white pepper		
1		chile Chipotle, optional (if not available, use jalapeño as directed above)	}	Add to broth if jalapeño not used.
		plain white cooked rice, optional		Optionally add to soup.
2		inch stack of corn tortillas	}	Cut into strips a maximum of 2 inch wide. Fry in batches in 2 inch of hot oil until golden brown.
			}	Serve soup with fried tortilla strips for use as noodles.

Caldo de Camarón (Shrimp Soup)

4		dried Pasilla chile		Boil in 1 cup water for 5 minutes and drain.
2		tomatoes	}	Blend with red chile pods.
1		onion		
1	bunch	cilantro		
3	cloves	garlic		
2	quarts	water	}	Bring to a boil. Add blended chile, tomatoes, onion, cilantro, and garlic.
2		Knorr's Swiss shrimp consomme cubes (or 1 TBSP ground)		
1	cup	dried shrimp	}	Add to stock, simmer. Add water if needed.
10		large fresh shrimp		
2		potatoes, peeled and cut into large chunks		
3		carrots, cut into large chunks		

Sopa de Pollo y Fideo ***(Chicken and Vermicelli Soup)***

4		chicken breasts	}	Boil until chicken is done. Remove chicken and save the broth. Skin, bone, and shred the chicken. Set aside.
2	cloves	garlic		
6		black peppercorns		
1	gallon	water		
12	ounces	vermicelli, broken in pieces	}	Simmer in hot oil, stirring constantly, until light gold color.
1/4	cup	oil		
2	cloves	garlic, minced	}	Add to vermicelli and oil and simmer onion and garlic turn transparent.
1/2		onion, chopped		
6		Anaheim chiles, chopped	}	Add to vermicelli and stir.
1/4	bunch	cilantro, chopped		
2		tomatoes, chopped		
1	TBSP	Knorr's Swiss chicken base	}	Combine with the vermicelli and shredded chicken. Add to chicken broth. Stir and simmer until well blended.
1	tsp	ground black pepper		
1/2	tsp	oregano		
1	tsp	Mexican saffron		
2	TBSP	ground cumin		

Caldo de Pollo y Veduras ***(Chicken and Vegetable Soup)***

2	quarts	chicken stock		Bring to a boil.
1	cup	onion, chopped	}	Sauté, then add to chicken stock.
4	cloves	garlic, minced		
1/2	cup	Anaheim chile, chopped		
2		chile Molato, seeded	}	Remove stem and seeds. Boil until tender in 2 cups water. Put in blender and blend until paste is formed.
1		chile Anch, seeded		
2		chile Guajillo, seeded		
2		tomatoes	}	Blend with chili paste, then pour into chicken stock.
2	cloves	garlic		
1/2	cup	onion, chopped		
1/4		cabbage, shredded	}	Add to chicken stock and chiles. Simmer until vegetables are thoroughly cooked.
2		potatoes, peeled and chunked		
2		carrots, peeled and chunked		
1/2	bunch	cilantro, chopped		
2	stalks	celery, chopped		

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Apple Empanadas (Apple Turnovers)

2	cups	sifted unbleached flour	}	Sift together.
½	tsp	baking powder		
1	tsp	salt		
¼	cup	peanut oil	}	Add to above mixture and work oil into flour with fingers until oil is absorbed.
⅓	cup	ice water	}	Add enough to stiffen dough, but do not add too much or dough will become sticky. Add more water if needed. Roll dough into six-inch diameter circles using a pelote or rolling pin.
1	stick	cinnamon (or ½ tsp ground)	}	Crush together into a powder.
1		clove		
3	pieces	piloncillo (panocha) or ⅓ cup sugar		
6		apples, peeled and sliced	}	Add lime juice to enough water to cover the apples. Add crushed spices and cook until apples are tender. Remove apples from juice.
		juice of 1 lime		
		water		
¼	tsp	anise seed	}	Simmer. Strain, and discard seeds. Add 1 TBSP of the liquid to juice.
½	cup	water		
1	TBSP	brandy flavoring	}	Add to juice. Bring to a boil.
½	cup	rum		
1	package	vanilla pudding (or ¼ cup cornstarch mixed with ½ cup water)	}	Add enough to simmering juice to thicken.
½	cup	chopped almonds		Add, along with apples, to thickened juice.

Put a little of the apple mixture into each dough circle, fold in half, and seal. Toast fry in 2 inch hot oil. Add a little more rum and brandy flavoring to remaining apple mixture. Pour over the empanadas and serve.

Empanada con Calabaza

(Pumpkin Turnover)

2	cups	sifted all purpose flour	}	Sift together.
½	tsp	baking powder		
1	tsp	salt		
¼	cup	shortening		Add to flour and work into dough (as pie dough).
⅓	cup	ice water	}	Add enough water to stiffen Add more water if needed to make pliable dough. Make 12 balls. Roll dough into six-inch diameter circles using a pelote or rolling pin.
1	small can	pumpkin	}	Combine until well mixed. Fill empanadas, fold in half, and seal.
¼	cup	dark brown sugar		
¼	cup	chopped walnuts		
¼	cup	raisins		
¼	tsp	ground cloves		
¼	tsp	ground cinnamon		
¼	tsp	nutmeg		
½	cup	peanut oil	}	Toast fry empanadas one at a time in peanut oil. Serve with Carne Guisada.

Polvorones (Spanish Shortbread Cookies)

3		eggs	Whip.
1	cup	sugar	} Mix well. Save a few spoonfuls; mix remainder with eggs.
¼	tsp	yellow food coloring	
½	tsp	baking powder	} Mix, then combine with eggs and sugar.
1	TBSP	vanilla extract	
6 ½	oz	evaporated milk (½ can)	
½	cup	shortening, melted, or ½ cup butter, softened	} Blend with above ingredients until everything is well blended.
5 ½	cups	flour (may not need it all)	} Add to above ingredients a little at a time and mix until it forms a soft dough. You may not need all of the flour. Divide dough into four parts. Roll each piece into a long roll, and cut diagonally into two inch long pieces. Flatten each piece with palm of hand. Optionally brush the top of each polvorone with egg. Place yellow sugar in strainer or salt shaker and sprinkle on top of polvorones.
			} Bake at 350°F until golden brown.

Flan

½	cup	sugar	} Heat on medium while stirring until it turns to thin caramel. Quickly pour equal portions into each of the cups of a greased, 12-cup muffin pan and spread the caramel up the sides.
12		walnut halves	Insert one walnut half into each cup.
3		eggs	} Whip until well blended.
3		egg yolks	
2 ⅓	cups	milk	} Mix milk and cornstarch, then add sugar and cook at medium-low until it starts to thicken. Remove from heat.
2	TBSP	cornstarch	
½	cup	sugar	
1	tsp	vanilla extract	} Add to cornstarch, milk, and sugar mixture. Combine with beaten egg, and immediately pour into muffin cups.

Grease a sheet of aluminum foil with butter and wrap tightly over muffin pan so that it is as airtight as possible. Place muffin pan into larger baking pan with ¾ inch of water. Bake at 350°F for 1 ½ to 2 hours. Flan is done when knife can be inserted and comes out clean.

3		egg whites	} Whip. Spoon onto finished flan. Bake at 500°F until golden brown.
2	TBSP	sugar	

Tamales Dulces de Elote ***(Sweet Corn Tamales)***

4		piloncillo	}	Heat over low heat, stirring continuously, until piloncillo is melted.
3	cups	milk		
1	stick	cinnamon		
½	tsp	anise, crushed		
1	tsp	vanilla extract		
	dash	salt		
6		large ears corn, with husks	}	Remove husks from corn, wash, and save husks. Cut corn off the cobs, break into individual kernels, and add to piloncillo mixture. Simmer one hour.
2	TBSP	harina de arroz (Rice flour) or cornstarch	}	Combine; add to mixture to thicken.
¼	cup	milk		
1	cup	masa harina	}	Combine to make thin paste, then add to mixture to thicken. Scoop mixture onto corn husks, roll closed, and twist ends under. Steam tamales as directed on page 34.
½	cup	water		

Sweet Tamales de Carmen

1	package	corn husks		Soak in warm water until pliable
3	sticks	cinnamon	}	Boil cinnamon sticks in water until water is pink.
3	cups	water		
½	tsp	salt		
8	cups	masa harina	}	Work shortening into masa with fingers. Mix in a large bowl as you would mix a pie dough. Add cinnamon water and work into a soft, pasty dough.
1	cup	shortening		
½	cup	dried bananas	}	Add to dough one by one, blending into masa evenly. With a spatula, spread masa onto each corn husk until husk is filled 1 inch deep with dough.
2	slices	drained pineapple		
½	cup	raisins		
¼	cup	almonds, shredded		
¼	cup	chopped dates		
1	TBSP	orange rind		
½	cup	brown sugar		
1	package	walnut halves	}	Place a walnut half in the middle of each husk on top of the masa.

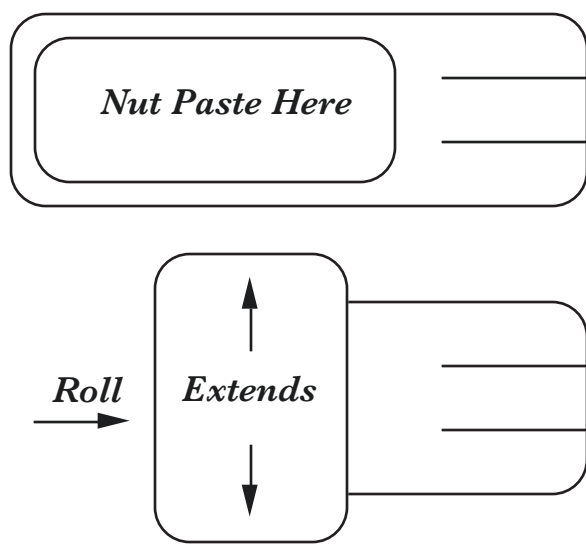
Fold one side of the husk over the other side, then fold the long end up over the other two folds. Steam tamales as directed on page 34.

Walnut and Raisin Tamales

8	sticks	cinnamon	}	Simmer one hour. Strain and discard the solids, saving the broth.
1		clove		
1	tsp	anise seed		
4		piloncillo (or ½ cup sugar)		
2	quarts	water		
8	oz	chopped walnuts	}	Simmer with 4 cups of the broth.
3	oz	brown seedless raisins		
½	cup	cornstarch	}	Combine, then add to broth with walnuts and raisins to thicken.
1	cup	water		
⅓	cup	shortening	}	Dissolve shortening in water.
1	cup	hot water		
5	cups	masa harina	}	Combine with shortening and water to form a coarse meal. Add approximately 2 cups of the broth to make masa dough. Form the masa dough into golf ball size balls.
2	tsp	salt		
		corn husks	}	Spread masa on the corn husks with a spatula. Place ¼ to ½ cup of the walnut and raisin filling on the masa and roll into a tamal. Steam tamales as directed on page 34
4	oz	Jamaican (Myer's) rum	}	Add to remaining broth (approximately 2 cups) and simmer.
½	cup	cornstarch	}	Combine, then add to the rum and broth to thicken.
1	cup	water		
1 ½	TBSP	vanilla extract	}	Add to rum and broth and remove from heat. Serve sauce with tamales.
1	tsp	ground nutmeg		
2	oz	Frangelico (hazelnut liquor)		

Holiday Sweet Bread

4 1	cup	piloncillo (or ½ cup sugar) water	}	Dissolve Piloncillo in water.
½ ½	tsp cup	anise seeds, whole water	}	Boil, then strain anise water into piloncillo solution. Discard seeds.
6 ½	oz	(½ can) evaporated milk		Scald, then add to piloncillo mixture.
½ ¼	stick tsp	cinnamon, ground (or 1 tsp ground cinnamon) clove	}	Crush stick cinnamon in Molcajete, or use ground cinnamon.
¼ ¼ 1 13	tsp cup tsp oz	cardamom butter (½ stick), melted salt, according to taste cold water	}	Mix with cinnamon and clove, then add to piloncillo mixture. Set aside to cool until luke warm.
¾ 2	oz oz	yeast (3 packages or 2 TBSP) warm water (105°F–115°F)	}	Combine, then add to piloncillo mixture.
8–8 ½	cups	flour (may not need all of the flour)	}	Slowly mix flour with piloncillo mixture, until dough is resilient and only slightly sticky. Cover with towel, place in a warm place, and allow dough to rise (about 1 hour).
9 1 6 ½	oz TBSP oz cup	pecans, chopped ground cinnamon brown sugar butter (1 stick)	}	Make a nut paste.
1		egg, beaten		Set aside.



Break the dough into two loaves. Knead each loaf, coating with flour if necessary to reduce stickiness. Shape the dough into a rectangle approximately $\frac{3}{4}$ inches thick. Spread the nut paste as shown. Cut one end into three strips as shown. Roll the dough almost to the slits, allowing the roll to extend in the indicated directions. Form the three strips into a braid. Then, fold the braid to the left over the top of the loaf. Place each loaf in a lightly greased 9 x 13 baking pan. Allow the loaves to rise a second time to double their size. Brush beaten egg over each loaf, then bake at 350°F until golden brown (approximately 25 minutes); the loaves should sound hollow when tapped. Serve with butter.

Sopapillas or Buñuelos de Carmen

4 tomatillo shells
1 tsp anise seeds
2 cups water

} Boil the tomatillo shells and anise in the water. Do not use the tomatillo itself! Set aside to cool, then strain and save the water (discard the anise seeds and tomatillo shells).

8 eggs
1 tsp salt

Beat well.

Add to eggs.

4 cups flour

} Alternately add a little flour, then a little of the flavored water to the eggs, working with the fingers, until a smooth dough is formed. (It should stretch easily.)

Form small balls (the size of golf balls) and roll each ball into a circle, as large and as thin as possible. Lay the sopapilla or buñuelo over an upside down four quart bowl until ready to be fried. Fry one sopapilla or buñuelo at a time in a skillet with hot oil until golden brown. Stack carefully on top of each other so they do not break, and repeat with the rest of the sopapillas or buñuelos. Top with sugar and cinnamon for buñuelos, or honey for sopapillas:

4 piloncillo
2 TBSP anise seed
1 cinnamon stick
1 cup water

} Combine and boil for 30 minutes. Pour through a small strainer. Drip hot syrup over each buñuelo just before serving.

or

honey, warmed

Pour over each sopapilla.

Pineapple Coconut Pudding

15 oz condensed milk
11 oz milk
2 egg yolks, beaten
3 TBSP corn starch
½ tsp vanilla extract

} Mix, place in a double boiler, and cook, stirring constantly, until thick. Cook 10 minutes more without stirring. Let cool.

1 9 inch sponge cake layer

} Cut into 2 inch squares and place onto the bottom of a serving dish.

1 cup pineapple juice
3 oz rum

} Combine, then pour over the cake. Cover with half of the custard.

¾ cup grated coconut

} Sprinkle on half of the coconut. Add remaining custard.

1 cup whipping cream, whipped

} Place on top. Then sprinkle on the remaining coconut.

1 can pineapple slices, drained

Place on top. Serve.

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Chocolate Atole

1	quart	milk	}	Heat slowly and stir until chocolate and piloncillo melt and mix together to form hot chocolate drink.
1	cake	Ibarra chocolate		
2		piloncillo		
1	stick	cinnamon (or 1 tsp ground)		
2		whole cloves		
2	TBSP	cornstarch or rice flour (harina de arroz)	}	Combine water and cornstarch or rice flour. Add to chocolate and stir until semi-thick. Pour into cups (or bowls – the authentic Mexican way of serving this drink).
¼	cup	water		
		nutmeg	}	Optionally add rum or coffee brandy. Top with nutmeg.
		rum or coffee brandy (optional)		

Rompoppe (Mexican Eggnog)

1	gallon	milk	}	Heat over low heat until sugar dissolves. Cool 10 minutes.
1 ½	cups	sugar		
1	stick	cinnamon		
12		eggs	}	Separate. Set aside the whites. Beat yolks well, then stir into milk. Heat over low heat and stir until it thickens.
			}	Stir into the milk. Remove from heat. Beat egg whites until stiff, then float on milk. Place in oven at 450°F and bake approximately 5 minutes to brown egg whites. Serve hot or cold. To save leftovers, mix egg whites with milk and refrigerate.
2	cups	rum		
1	TBSP	vanilla		

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- Buñuelos
 - Pancakes made of flour and eggs, fried in oil, and topped with cinnamon and sugar. Contrast with Sopapillas.*
 - de Carmen, 86
- Cabbage, 18, 74, 77
 - Red, 58
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 - A caramel candy or sauce.*
- Calabaza
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 - Empanada con, 81
 - en Queso, 64
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 - de Pollo y Veduras, 77
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 - Fried Shrimp.*
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- Cardomom, 85
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- Ceviche
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 - de Camarón, 57
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- Chalupas, 26
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 - Farmer's, 4, 8, 21, 54, 56
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 - Grated, 17 – 18, 26
 - Monterey Jack, 4
 - Panela, 4
 - Parmesan, 24, 57, 64
 - Queso Fresco, 4, 8, 54
 - Romano, 24, 64
 - Shredded, 17
 - Squash in Cheese, 64
- Chef Pro Tortilla Maker, 7
- Chicharrones
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 - with Rice, 52
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 - Pasilla, 3, 44 – 46, 50, 76
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 - Stuffed Chile. Anaheim chile stuffed with meat, chicken, cheese, etc., coated with eggs, and fried.*
 - Rellenos with Chicken or Cheese, 48
 - Verde, 3, 5, 8, 13, 20 – 22, 24 – 26, 35 – 36, 38, 41, 44 – 45, 47 – 49, 52, 54, 56 – 57, 59, 64 – 66, 75 – 77
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 - Verde con Nopalitos, 41
 - Verde con Puerco, 26, 38
 - Verde con Queso, 65
 - Verde Rellenos con Pescado, 56
 - Green Chiles Stuffed with Fish.*
 - Chimichangas
 - Flour Tortillas rolled around a filling (with the ends folded inside to seal) and fried. Contrast with Flautas and Taquitos.*
 - Chicken, 47
 - Chinese Parsley, 4
 - Chipotle Chiles, 3
 - Smoked barbequed red jalapeño chile (available in a can).*
 - Chocolate
 - Atole, 88
 - Ibarra, 4, 44, 88
 - Chopped Green Chiles, 48
 - Chorizo, 40
 - Mexican pork sausage.*
 - con Frijoles Negros, 40
 - y Huevos Rancheros, 40
 - Christmas Salad, 69
 - Chuck Roast, 30, 35
 - Cider Vinegar, 12, 25, 49, 52
 - Cilantro, 4, 12, 18, 21, 25, 41, 47, 54 – 55, 58, 68, 71, 76 – 77
 - The herb which grows from coriander seed (fresh coriander).*
 - Cinnamon
 - Substitute 1 tsp ground cinnamon for 1 stick cinnamon.*
 - Bark, 38
 - Ground, 69 – 70, 81, 85
 - Stick, 13, 20 – 21, 30 – 31, 35, 40, 44 – 46, 49 – 50, 54, 75, 80, 83 – 86, 88
 - Clams
 - Butter, 55
 - Clantro, 49, 63
 - Clove, 38
 - Cloves, 13, 20 – 21, 25, 30 – 31, 35 – 36, 40, 44 – 45, 49, 54 – 55, 75, 80 – 81, 84 – 85, 88
 - Substitute 1/8 tsp ground cloves for 2 whole cloves.*
 - Coches, 25
 - Pork tacos served with a tomatillo sauce.*
 - Coconut
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 - Whole, 70
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- Coffee Grinder, 12, 44
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 - Cooler (a drink).*
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 - Cauliflower in Sauce.*
- Comida
 - Mid-afternoon dinner.*
- Comino
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 - Whipped, 70
- Crushed Red Chiles, 3, 12, 30, 38, 74
- Cucumber, 41
- Cumin, 4, 9 – 13, 18 – 22, 25 – 26, 30 – 31, 35 – 40, 44 – 50, 54 – 59, 62 – 66, 74 – 75, 77
 - Substitute 1 tsp ground cumin for 1 tsp cumin seeds.*
- Dairy
 - Cheddar Cheese, 4, 8, 16, 18 – 19, 21 – 24, 27, 56 – 57, 62, 64 – 65, 69
 - Cotija Cheese, 4, 21
 - Cream Cheese, 46
 - Eggs, 16, 22, 27, 40, 48, 54, 57, 59, 62, 74, 82, 86, 88
 - Enchilado Cheese, 4
 - Farmer's Cheese, 4, 8, 21, 54, 56
 - Feta Cheese, 8
 - Half and Half, 69
 - Monterey Jack Cheese, 4
 - Panela Cheese, 4
 - Parmesan Cheese, 24, 57, 64
 - Queso Fresco, 4, 8, 54
 - Romano Cheese, 24, 64
 - Shredded Cheese, 17
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- Desayuno
 - Light breakfast.*
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 - Chocolate Atole, 88
 - Rompope, 88
- Dulce
 - Sweet.*
- Eggplant, 63
 - Stuffed, 63
- Eggs, 16, 22, 27, 40, 48, 54, 57, 59, 62, 74, 82, 86, 88
- Elote
 - Corn (Mexican word). See Maiz.*
- Empanada
 - Turnover.*
 - Apple, 80
 - Cheese and Spinach, 17
 - con Calabaza, 81
- Empanaditas, 24
 - Miniature turnovers.*
- Enchiladas
 - Tortilla rolled around a filling (with the ends folded inside to seal), covered with sauce, and baked.*
 - Beef, 19
 - Chicken, 19
- Enchilado Cheese, 4
- Ensalada
 - Salad.*
 - con Naranja y Cebolla, 68

- Orange and Onion Salad.*
 de Arroz, 71
 Epazote, 4, 8 – 9
An herb used in Mexican cooking.
 Evaporated Milk, 74, 82, 85
 Fajitas, 26
Beef strips wrapped in a tortilla.
 Farmer's Cheese, 4, 8, 21, 54, 56
 Feta Cheese, 8
 Fideos
Coils of very fine noodles. Substitute vermicelli or other fine pasta.
 Fiesta Salad, 69
 Fish with Green Sauce, 54
 Flan, 82
Custard.
 Flank Steak, 26
 Flautas, 24
Flour Tortillas rolled around a filling (with the ends open) and fried. Contrast with chimichangas and taquitos.
 Flour, 5, 7, 17, 19, 22, 24, 27, 45, 48, 51, 54, 57, 59, 62, 75, 80 – 82, 85 – 86
 Tortillas, 6 – 7, 9, 17 – 18, 24, 26, 47
 Food Coloring
 Yellow, 82
 Food Processor, 5
 Frangelico, 84
Sweet, hazelnut-flavored Italian liqueur.
 French Bread, 50
 Fried
 Shrimp, 56
 Tortilla Strips, 20
 Frijoles, 8, 23, 26 – 27
Beans.
 en Tazas, 9
Beans in cups.
 Refritos, 8 – 9, 16, 23
Refried Beans.
 Refritos con Queso, 8
 Fruit
 Apple, 45, 63, 69 – 70, 80
 Avocado Stuffed with Nuts and Fruit, 63
 Bananas, 11, 45, 69 – 70, 83
 Coconut, 63, 86
 Dates, 83
 Lemon, 35
 Lime, 26, 75
 Mango, 70
 Orange, 36, 68 – 70
 Pineapple, 45, 63, 69 – 70, 83, 86
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 Garlic Salt, 17, 27, 62, 68
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Round bowls formed from masa, fried in oil, and filled.
 Green Chile Enchilada Sauce, 38
 Green Chiles, 3, 5, 8, 10, 13, 20 – 22, 24 – 26, 35 – 36, 38, 41, 44 – 45, 47 – 49, 52, 54, 56 – 57, 59, 64 – 66, 75 – 77
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 with Cactus, 41
 with Cheese, 65
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 Ground Red Chiles, 3, 18, 20, 22 – 26, 31, 35, 40, 47, 49
 Guacamole, 24, 26, 62
Avocado dip or sauce.
 Guajillo Chiles, 3, 44
 Guisado
Stew made with meat or poultry.
 Pollo, 49
 Half and Half, 69
 Halibut, 54, 56, 58
 in Oranges, 56
 Steaks, 55
 Ham, 51
 Harina
Flour (corn or wheat).
 de Arroz, 83, 88
Rice Flour
 Hatch Chiles, 3, 25
 Herbs
 Bay Leaf, 19, 44, 52, 55, 59
 Chinese Parsley, 4
 Cilantro, 4, 12, 18, 21, 25, 41, 47, 54 – 55, 58, 68, 71, 76 – 77
 Dill Weed, 68
 Epazote, 4, 8 – 9
 Tarragon, 51 – 52, 68
 Holiday Sweet Bread, 85
 Hominy, 13, 35, 66

Whole kernels of dried field corn that have been nixtamalized (soaked in lye or lime solutions and then rinsed several times, which removes the hulls and turns the inner kernels tender and plump).

Honey, 86

Huevos

Eggs.

Rancheros, 40

Ranch-style eggs.

Ibarra Chocolate, 4, 44, 88

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Pinto Beans, 9

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74, 76

Jamaican Rum, 69, 84

Juice

Lemon, 55

Lime, 55, 57, 80

Orange, 49

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Machacado

Seasoned Dried Beef.

Maiz

Corn (Spanish word). See Elote.

Mango, 70

Manteca, 4, 6, 8, 23, 35, 39, 47

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Achiote Paste

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Masa

Dough.

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Mexican Eggnog, 88

Mexican Rice

Plain Style, 10

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Molcajete, 11 – 12, 19, 21, 25 – 26, 31, 38, 40, 44,
46, 50, 54 – 55, 74 – 75, 85

Stone mortar and pestle. If not available, use a ceramic mortar and pestle or a clean coffee grinder.

Mole

Stew made with meat or poultry with a special hot sauce.

Bueno, 44, 46, 50

Chicken, 44

Peanut Butter, 45

Monterey Jack Cheese, 4

Mulato Chiles, 3, 31, 77

Muscatel, 52

Mussels, 55

Mustard, 41

Myer's Rum, 69, 84

Nachos, 27

Appetizer of tortilla chips topped with melted cheese.

New Mexico Chiles, 3, 45

Nopalitos, 41, 63

Prickly pear cactus leaves.

Nutmeg, 46, 55, 64, 69, 74, 84, 88

Nuts

Almonds, 44, 47, 50, 59, 80, 83

Peanuts, 44, 69, 74

Pecans, 69, 85

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A rice, seafood, and chicken casserole.
Pan, 85
Bread.
Panela Cheese, 4
Panocha, 4, 69, 80, 83 – 86, 88
*Dark brown sugar formed into hard cones (see
Piloncillo). Substitute 2 TBSP Dark Brown Sugar.*
Paprika, 27, 57, 65
Parmesan Cheese, 24, 57, 64
Grated, 63
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Peas, 71
Pecans, 69, 85
Pelote, 6 – 7, 23, 80
*A tortilla rolling pin, thick in the middle and tapered at
the ends.*
Pepper
Black, 10 – 13, 17 – 18, 20 – 21, 25 – 27,
30 – 31, 35 – 41, 44, 46 – 50, 52, 54 – 59,
62 – 66, 68, 71, 74 – 75, 77
*Substitute 1/8 tsp ground black pepper for 2 whole
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en Naranja, 56
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*Dark brown sugar formed into hard cones (see
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Pineapple.
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- Puerco
 - Pork.*
 - en Naranja, 36
- Pumpkin
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 - Seeds, 63
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- Quesadilla
 - Grilled cheese in a folded tortilla.*
- Quesadillas, 17
- Queso
 - Cheese.*
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 - Fresh Cheese. Soft, white, crumbly cheese made from cow's milk. Substitute Monterey Jack and Cheddar cheese.*
- Queso Fresco, 4, 8, 54
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 - A Plug-in (software component) that extends the functionality of Adobe InDesign to support formatting of recipes.*
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 - Soup. Contrast with Caldo.*
 - de Albóndigas, 74
 - de Pollo y Fideo, 77
 - Chicken and Vermicelli Soup.*
- Sopapillas, 86
 - Pancakes made of flour and eggs, fried in oil, and topped with honey. Contrast with Buñuelos.*
- Sopes, 23
 - Little bowls formed from masa, toasted on a skillet, and filled with salsa, beans, cheese, etc.*
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 - Albóndigas, 74
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- Spinach, 17
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 - in Cheese, 64
- Stock
 - Beef, 31
 - Chicken, 5, 10 – 11, 47, 51, 75 – 77
- Stuffed Eggplant, 63
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- Sunflower Seeds, 23, 44, 48, 63
- Sweet Corn Tamales, 83
- Sweet Tamales de Carmen, 83
- Taco
 - Mexican fast food “sandwich”.*
 - Chicken, 16
 - Vegetable, 18
- Taco Sauce Mix, 69
- Tamales
 - Small dumplings made of masa (corn), stuffed with chopped meat, wrapped in a corn husk, and boiled or steamed.*
 - Beef, 34
 - Chicken, 34, 47
 - de Fruita, 34
 - Fruit Tamales.*
 - Dulces, 34
 - Sweet Tamales.*
 - Dulces de Elote, 83
 - Meat, 35
 - Pork, 34
 - Sweet Corn, 83
 - Sweet de Carmen, 83
 - Walnut and Raisin, 84
- Taquitos, 24
 - Corn tortillas filled with chicken or beef and a strip of Anaheim chile, tightly rolled with the ends folded in, and deep fried. Contrast with Chimichangas and Flautas.*
- Tarragon, 51 – 52, 68
- Taza, 9, 26
 - Cup*
- Thyme, 55, 74
- Tomatillos, 4
 - Small green tomatoes with a thin husk and a tart, apple-like flavor.*
 - Canned, 20, 38, 41, 49, 76
 - Fresh, 5, 13, 20 – 21, 25, 38, 41, 49, 54, 59, 63, 65
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- Tomato, 10, 12, 16 – 18, 20 – 22, 27, 30 – 31, 35 – 36, 44 – 47, 49 – 50, 56 – 59, 62 – 65, 68 – 69, 75 – 77
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 - Plum, 25, 52
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- Tortas, 27
 - Fluffy pancakes made with eggs, flour, and cheese.*
- Tortilla, 18
 - A thin pancake made of masa (corn) or flour.*
 - Chips, 27, 69, 74
 - Chips, Homemade, 7
 - Corn, 6 – 7, 16 – 17, 19 – 21, 24 – 25, 50, 57, 75 – 76
 - Flour, 6 – 7, 9, 17 – 18, 24, 26, 47
 - Maker, Electric, 7
 - Press, 6
 - Strips, Fried, 20
- Tostada
 - Mexican open-faced sandwich consisting of a fried tortilla (flat) topped with assorted fillings.*
 - de Huevo, 16
 - Egg, 16
- Tostaditas
 - Fried tortilla chips.*
- Tuna, 56
- Uncooked Salsa, 12
- Utensils
 - Blender, 5, 20, 25, 30 – 31, 36, 41, 44 – 46, 50, 74, 76
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 - Electric Tortilla Maker, 7
 - Food Processor, 5
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 - Molcajete, 11 – 12, 19, 21, 25 – 26, 31, 38, 40, 44, 46, 50, 54 – 55, 74 – 75, 85
 - Stone mortar and pestle. If not available, use a ceramic mortar and pestle or a clean coffee grinder.*
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 - Pressure Cooker, 34
 - Rolling Pin, 6 – 7, 23, 80
 - Slow Cooker, 9, 40
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- Vanilla Pudding, 80
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- Vegetables
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